

October 2015

Prevention

THE 40+
ADVANTAGE:
**FITTER,
HAPPIER,
MORE
BEAUTIFUL**

p. 77

**1-MINUTE
YOGA
MOVES
TO HEAL
ANY PAIN**

the **HEALTH SECRETS**

You Can't Afford to Ignore

**YOGA EXPERT
TIFFANY
CRUIKSHANK
HAS YOUR BACK**
p.88

Plus
**SEE THE
DOCTOR
WHEN YOU
WANT**

21

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That Fight
Belly Fat**

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Love Your Age

You're fitter, happier, and more beautiful than ever—really. It's the 40+ advantage, and we have the real women (and research) to prove it. *BY The Editors of Prevention*

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Yoga Is Medicine

Soon, doctors may be prescribing asanas in place of pills. In the meantime, these moves—some that take only a minute—can heal your aches. *BY Ginny Graves*

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Eat These 7 Meals

Stick with our 3-week plan (with 21 recipes in all) and drop up to 15 pounds. We will help you (finally!) ditch processed foods, cook clean, and feel great. *BY The Editors of Prevention*

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Sex Doc to the Rescue!

Gynecologist Lauren Streicher is breaking all the rules most docs swear by. Your sex life—and more—is about to get a whole lot better. *BY Aviva Patz*

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A healthy "queso" worth a dip



On our cover: Photograph by Thayer Allyson Gowdy; wardrobe styling by Victoria Troxler; hair and makeup by Jetty Stutzman

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ACHING, SNEEZING,
FEVER, COUGHING,
SORE THROAT, ACHING,
STUFFY HEAD, FEVER,
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MEDICINE. MEDICINE.**

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[5]

FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF



17 Reasons Why It's Time for You to Go to the Doctor

HERE'S AN UNSETTLING STATISTIC: 80% of people report holding off on preventive care. What's even less comforting—the majority are women, who tend to put the health of their friends, family, and even pets before their own, a ZocDoc survey of 2,000 found.

TRY IT NOW: Join me in releasing that *I don't have time for this crap* frustration. That attitude made sense back when I had zero faith I could see my doc without long phone waits, an hour in the waiting room, and a blizzard of confusing mailings about insurance coverage. But once I read the advice in "17 Secrets Every Doctor's Receptionist Knows" (p. 32), I got my MD mojo back and finally made an appointment (next Friday) with a new endocrinologist. It had been on my to-do list for a year.

I JUST WANT TO SAY ONE WORD:

PLASTICS

As in, avoid the cheapo utensils when you serve up a great-tasting picnic meal. **TRY IT NOW:** Instead, bring on the stainless steel. According to a study in the British journal *Flavour*, utensils without heft make meals 10% less satisfying than those eaten with heavier forks and knives.



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1.8
MILLION

Cases of type 2 diabetes Americans could prevent by 2020 if we did one simple thing: Stop drinking sugary drinks, especially soda. **TRY IT NOW:**

Skip your daily fizz—even for a lean, healthy person, one sugary drink a day increased risk of diabetes by 18% over 10 years, according to a study in the *BMJ*.



CHALLENGE SOMEONE... MAYBE YOU?

This summer, Rodale held an intriguing challenge. The editors at every one of our magazines (*Men's Health*, *Prevention*, *Women's Health*, *Runner's World*, *Bicycling*, and *Rodale's Organic Life*) were tasked with improving the health of one employee at another publication. *Prevention's* mission? To get someone at *Men's Health* to eat clean. So editor Dan Michel followed our new clean-eating plan (see p. 98), which you do online for 3 weeks. **Twenty-one days later, Dan had lost 12 pounds and the course had transformed his outlook on healthy eating,** helping him learn to eat only when he was hungry, not bored or stressed (gee, can't relate to that), and to fit cooking into his intensely busy schedule.

TRY IT NOW: Challenge yourself—and lose pounds without dieting—by signing up at eatclean.course.com. Invite your friends or a loved one to do it, too—after all, what's a challenge without a friendly elbow to the ribs?

LEFT: JEREMY HUDSON/GETTY IMAGES

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10 YEARS
*of Happier,
Healthier
Guts**

10
YEARS
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†#1 for probiotics containing 15 Billion or more cultures per capsule according to IRI Food/Drug/Mass Sales & SPINS Natural Sales 6/14/15

UFM-8018

It's a (New) Buyer's Market

Two things I know: You always need good gifts (don't forget yourself), and we're born testers. **TRY IT NOW:** Our new store at shop.prevention.com.



"Upgrade your bear-shaped honey jar—not only does this have a hint of raspberry, it's raw, too, so it may retain more health-promoting enzymes normally lost during pasteurization."

—Stephanie Eckelkamp,
Senior Associate Editor

Bee Raw Raw & Unfiltered Honey (\$15)



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"So worth the splurge! Not only is this the most stunning yoga mat I've ever seen, but it's also the most comfortable—thicker and longer than most."

—Polly Chevalier,
Managing Editor



"This exercise ball is my secret core-strengthening weapon. It's only 12 inches across, so it fits perfectly in my suitcase, making it my favorite travel companion—just don't tell my husband that!"

—Jenna Bergen Southerland, Fitness Director

Rejuvenation Mini Core Exercise Ball (\$13)

"Argan oil is the coffee of the beauty world; there's nothing it can't do. It makes your skin feel incredibly soft (not at all greasy) and takes care of fine lines by plumping them."

—Jessica Chia,
Associate Beauty Editor



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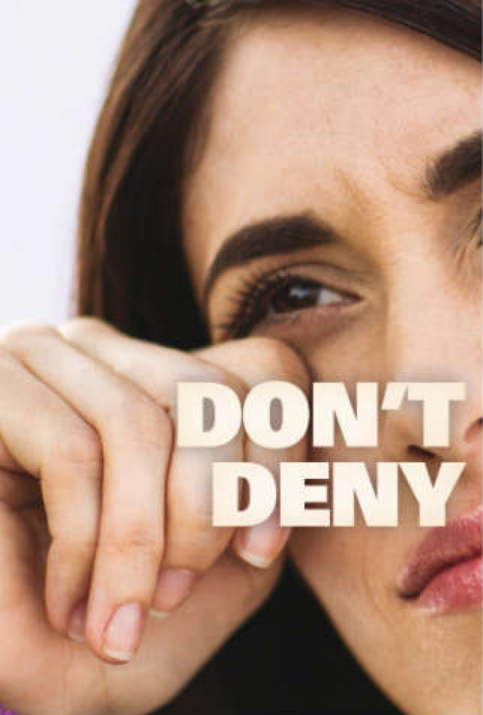
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Getting the Hang of It

When was the last time you did something truly hard? Whether it's learning to rappel on Headstone Rock in California's Joshua Tree National Park, finally getting smart about how you eat (p. 49), or losing excess pounds (p. 98), making a life change can be challenging. But once you find your footholds and get into the rhythm, the hard thing becomes...no other word for it...easy.





**DON'T
DENY**



**YOUR
DRY
EYES**

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

-
- ▶ Dryness/itching
 - ▶ Sensitivity to light
 - ▶ Problems wearing contact lenses
 - ▶ Burning/stinging
 - ▶ Blurry vision
 - ▶ Watery eyes
 - ▶ Feeling like something is in your eye
-

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.



TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
 - ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.
-



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Health

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You Say Tomato, We Say See Ya, Hot Flashes

A surprisingly everyday beverage might help you weather your worst menopause symptoms. In a recent study published in *Nutrition Journal*, 93 women with at least one menopausal complaint found palpable relief after drinking about $\frac{4}{5}$ cup of unsalted (ah, the catch: unsalted!) tomato juice twice a day for 8 weeks. The juice drinkers consistently rated their symptoms—which included hot flashes, fatigue, and irritability—16% less torturous than before. Researchers credit the tomato's lycopene, a compound that reduces stress, and GABA (gamma-aminobutyric acid), which has the capacity to limit those cursed sweats. The only way this news gets better is if a Bloody Mary counts...Let's say it does, shall we?



Your Memory, A Third Better

Here's a new reason to submit to a siesta: Volunteers who snoozed for 90 minutes recalled 33% more random word pairs (like "vegetable-bible," which, by the way, we'd totally read) after waking. The bump is courtesy of sleep-time action in the brain's hippocampus, says study author Sara Studte of Saarland University, Germany. Not the napping type? Consider pre-bedtime your prime slot for learning new stuff; you just might wake up smarter.



FROM TOP: TETRA IMAGES/CORBIS, JANE MCDUGALL/EYEEM/GETTY IMAGES

52%

OF DIAGNOSED UTIS ARE NOT ACTUALLY UTIS.

That's the news from a study of women with UTI-like symptoms at a Cleveland ER. Misdiagnosis means unneeded antibiotics—and, of course, leaves the true cause untreated. **UTIs share symptoms with kidney stones and STDs; if you have fever, nausea, or vaginal discharge, it's probably not a UTI.** Ask for a urine culture; it's more effective than a quick and easy dipstick test (aka urinalysis).

Source: Journal of Clinical Microbiology





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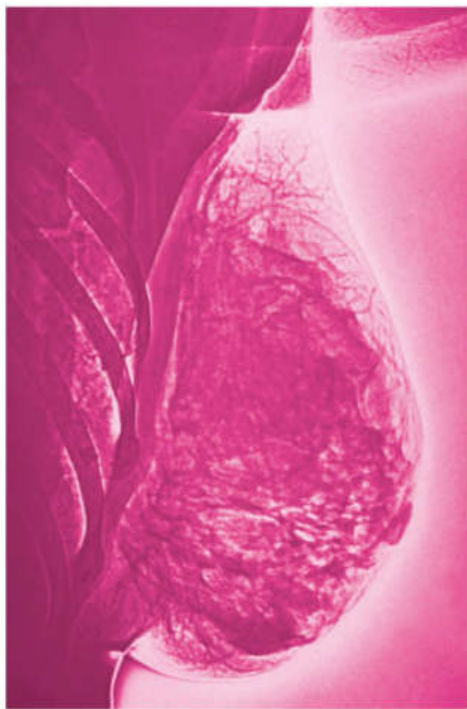
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IS IT TRUE THAT...

Women Should Skip the Monthly Breast Self-Exam?



"IT'S MOSTLY TRUE.

Women who do formal self-exams often find lumps that turn out not to be cancer, so a thorough monthly check

can cause more harm than it's worth. But, and this is a big but, don't ignore your breasts. Women often notice growths while showering or dressing because they're familiar enough with their bodies to spot a change. So skip the strict exam, sure, but feel yourself up regularly. And take a look, too: Skin dimpling can also be a sign of breast cancer."



DR. JENNIFER ASHTON,

an ob-gyn, is cohost of *The Doctors*. (Find local listings at thedoctorsv.com.) Come see her and other health-thought leaders speaking live at Prevention's R3 Summit in Austin, TX, Jan. 15-16. Get tickets now at preventionr3summit.com.



40.3%

That's how many (well, how few) people had checked "flu vaccine" off their to-do lists by early November last year,

according to the CDC. It's officially time to protect yourself as soon as the vaccine's available in your area. At the very least, get it by October to give yourself the best, ahem, shot at avoiding the bug altogether.

YOU LAUGH.
YOU LEAK.

OR

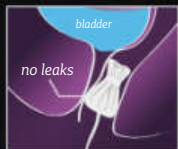
YOU DON'T.

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9 of 10
WOMEN

SAID THEIR
BLADDER LEAKAGE
WAS REDUCED
OR STOPPED.



3 Things That Happen When You Stop Eating Meat

Been toying with leaving your carnivorous days behind? Here's what to expect when you pile your plate with plants instead.

→ YOU MAY LOSE A FEW POUNDS

...even if shedding weight wasn't your original goal, according to an analysis in the *Journal of the Academy of Nutrition and Dietetics*. New vegetarians lost an average of 7.5 pounds across several studies ranging from 4 weeks to 2+ years—the longer the study, the more they lost.

→ YOU'LL GAIN SOME GOOD GUT BACTERIA

A plant-based diet boasts indigestible carbs (lookin' at you, fiber) that can change the bacterial landscape of your intestines for the better. Consider yourself warned: In the beginning, this shift may make you feel on the gassier side. You'll adjust, promise.

→ YOU COULD SIDESTEP DIABETES

Type 2 diabetes is about twice as common in average eaters as in herbivores. Research shows bigger improvements in insulin resistance and a more drastic drop in belly fat among vegetarians, even compared with people on a traditional low-calorie diabetes-prevention diet.

TIRED OF BEING TIRED?

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Iron-deficiency symptom checklist

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- ☐ Pale skin & dark circles under eyes
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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PROBLEM SOLVED!

High Blood Pressure

BY RICHARD LALIBERTE

A shocking one-third of women have full-on high blood pressure. This excess force of blood pushing against artery walls can damage blood vessels and ultimately trigger heart attack, stroke, aneurysm, or kidney damage. The problem arises from narrow or stiff arteries and an overworked heart—dire-sounding, yes, but often reversible. Here's how.

start Here!

The Outdoors

Good day, sunshine.

UV light alters levels of a compound called nitric oxide in skin and blood, relaxing vessels and lowering BP. (Erectile dysfunction drugs also use nitric oxide to relax blood vessels.) And Japanese research into *shinrin-yoku*, or “forest bathing,” finds that spending time in nature lowers BP, along with stress hormones and heart rate.

120/80

to 139/89 =

prehypertension, meaning you might end up with high BP if you don't take steps to prevent it.

140/90

and up =

high blood pressure.

Everyday OTCs

Root out the culprits.

Try antihistamines in place of BP-raising decongestants; reduce pain with aspirin or acetaminophen instead of NSAIDs. Other BP-boosting drugs to be aware of include hormonal birth control, antidepressants, and migraine meds.

Probiotics

Promising preliminary research. Getting good bacteria from food and probiotic pills (go for multiple strains) for more than 8 weeks lowered systolic (top number) pressure by an average of 3.6 mm Hg and diastolic by 2.4 mm Hg in a recent analysis of nine randomized controlled trials.

36 million

That's how many Americans with high blood pressure don't have it under control—nearly half of all people in the US with the condition.

Low-Pressure Diet

Not just about sodium.

Opt for sweet potatoes, avocados, yogurt, and spinach, rich in pressure-lowering potassium. While the American Heart Association's daily sodium recommendation (1,500 mg) is controversially low, it can't hurt to avoid packaged foods with more than 200 mg per serving.

Less Booze

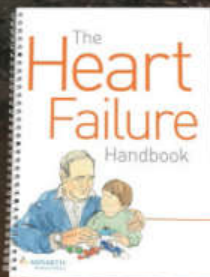
Cut back to little or none (sorry).

A drink a day is likely fine. Three raises BP even in healthy people. Heavy drinker? Cut back slowly over 2 weeks to avoid BP spikes that can happen when quitting cold turkey. Going from heavy to moderate drinking can lower systolic blood pressure by 2 to 4 mm Hg.

**WITH
HEART FAILURE,
DANGER IS ALWAYS
ON THE RISE.**

Fortunately, knowledge can help you do something about it.

Heart Failure (HF) means your heart isn't pumping the way it should and it worsens over time. In fact, about 50% of people die within 5 years of getting diagnosed. Learn how to recognize symptoms like difficulty breathing or swelling, and discover how to better manage HF. To sign up for your free "Heart Failure Handbook," call 1-844-PUMP4HF or go to KeepitPumping.com today.



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Moving Your Butt

An all-around release valve.

BP goes up temporarily during exercise but later drops lower than it would have been if you'd been sedentary—and may stay lower for up to 12 hours. Activity also tones blood vessels, relieves stress, and (see next item) controls weight. Aim for 30 minutes of moderate activity like walking, biking, dancing, or swimming at least 5 days a week.



Weight Loss

It's a heavy influence. A recent large study found it to be the biggest controllable factor in BP; excess girth makes the heart work harder. People who lost 9 pounds lowered systolic pressure by 4.5 mm Hg and diastolic by 3 mm Hg.

Paced Breathing

Tech can support. Deep breathing helps calm nerves and lower BP. An FDA-approved device called Resperate (\$195) syncs breath with music, as do apps like Breathing Zone (\$4).

Prescription Meds

Quite the array. Drugs lower BP by reducing sodium, slowing heartbeat, and relaxing blood vessels. Your doc will choose from diuretics, alpha-blockers, beta-blockers, ACE inhibitors, and angiotensin II receptor blockers based on your age, ethnicity, and health history.

Sources: Leslie Cho, MD, section head of Preventive Cardiology and Rehabilitation and director of the Women's Cardiovascular Center at Cleveland Clinic; Debbie Cohen, MD, director of hypertension at the Hospital of the University of Pennsylvania, Philadelphia

*Faster Appointments!
Less Waiting! Better Care!*

17 SECRETS EVERY *Doctor's Receptionist* KNOWS

The average wait time to see a physician in 15 major US cities is 18.5 days. Need a GP in Boston? That'll be 66 days (on average). If you're hunting for a dermatologist in Philadelphia, try 49 days.

Accessing doctors is just one of the maddening things about medical care, but the secret to navigating it all is right there in the waiting room with you: the receptionist. As the office gatekeepers, they know all the tricks...so we asked them to spill. Here, 17 of their top tips for getting prompt, quality health care—anywhere.

BY BROOKE PORTER KATZ ILLUSTRATIONS BY RYAN INZANA



Running late? Call the office.

BOOK YOUR OWN APPOINTMENT

→ ZocDoc.com could make receptionists obsolete. Search the free online database by city and specialty to find ratings and availability. Refine your search by doctor gender, reason for visit, and accepted insurance. Then just book with a few clicks. Couldn't be easier—but there's also no way to sweet-talk the computer.

INSIDER'S TIP

Avoid appointments on Mondays and Fridays; they're the busiest days in most offices.



4 STRATEGIES

FOR SAME-DAY SERVICE

- 1 Call between 10 and 11 AM.** That's when most offices know about afternoon cancellations. Booked solid? Ask if the doctor holds any times open for same-day or urgent appointments.
- 2 Check the weather forecast.** If it's supposed to turn ugly, your chance of getting a last-minute appointment improves greatly.
- 3 Don't leave a voice message.** If it's urgent, stay on hold until you reach a real person. "I've had people forget to leave a callback number, or else I can't understand what they're saying, so always try to get ahold of somebody," says Angelica Ruiz, who works with New York dermatologist Dina Strachan.
- 4 Trust the nurses.** What you think is a question only a doctor can answer may actually be something a nurse is qualified to handle. But rest assured, "if it's something more involved, the nurse will put the phone in the doctor's hands," says Lisa Ogletree, a receptionist at Stride Strong Physical Therapy in Portland, OR.

5 WAYS

TO SPEND LESS TIME IN WAITING ROOMS

Schedule appointments for the early morning or right after lunch. That's when docs are most likely to be on time, so you'll wait less. If these slots don't fit your schedule, make a Wednesday appointment. That's the slowest day in most offices.

Ear Health

I COULDN'T STAND THE NOISE IN MY EARS!

Lily battled with noise in her ears for many years. After coming across Ear Tone™ she finally found some relief. Here is her story.

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IN THE
USA

"My ear problems started years ago. I was listening to music during a long bus ride and when I stepped off, I noticed a constant ringing. Over time the ringing kept coming back and the noise even increased. It was unbearable.

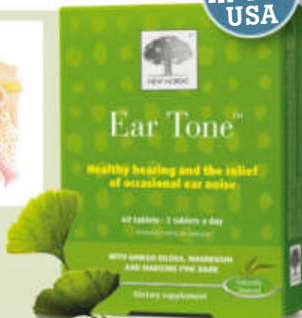
When a friend told me about Ear Tone, I bought a box with great anticipation. After starting the second box I noticed that the ringing was reducing in strength and it's been declining ever since.

I can't express how happy this makes me feel and how much I now enjoy some silence. I still take Ear Tone, just to make sure I keep my ears healthy and to prevent problems in the future. **I strongly recommend Ear Tone – it has made a world of difference to me."**

Lilly P., Sweden



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**INSIDER'S TIP**

Tardy or unprepared patients are the main reasons doctors fall behind. Never be one.

RECEPTIONISTS CONFESS:

Worst Patient Ever!

→ “The doctor was running about 20 minutes behind schedule, which is not uncommon. But after the patient—who was a lawyer—came out of his visit and back into the waiting room, he had the audacity to yell at me that we should be paying him his hourly rate for the time he had to wait.”

→ “A patient called to say she had a rash and didn't know what it was. Because it sounded like scabies, which is highly contagious, we asked her to use the back door. Did she listen? No. She comes in, practically lies on the counter while checking in, and then sits down in the waiting room.”

book you next to a procedure or an annual visit, which takes longer,” says Ogletree.

Save your annual checkup for late spring or summer.

From May through August, most people are relatively healthy and on vacation, so doctors' offices of all kinds are quieter. September is good, too, because it's back-to-school time.

Stay away in December. Cold and flu season makes winter the busiest time, with December being especially nuts. “People want to use up their insurance benefits or flexible spending accounts before year's end,” explains Robin Omeltschenko, director of operations at Cincinnati's Total Dentistry.



Wait times are shortest Tuesday through Thursday.

INSOMNELA/GETTY IMAGES



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ISSUE WITH
"14 SECRETS EVERY
HEALTH INSURANCE
SPECIALIST KNOWS
(AND YOU
SHOULD, TOO)."

THE ONE THING YOU SHOULD NEVER DO

→ Expect to discuss your entire medical history. If you have a "bucket list of things you've been saving up to ask the doctor, she won't have time to focus on each one," says Rachel Wilcox-Martinez, a receptionist for Randolph Schnitman, an otolaryngologist in Beverly Hills, CA. Ask ahead of time how long the doctor will allot for your appointment and prioritize your issues accordingly. Two is a reasonable number.

Call to check on things. If you have a late-day appointment, call the office an hour ahead of time to see if the doctor is on schedule. If not, ask when to show up.

2 TRICKS FOR MORE EFFICIENT VISITS

1 Request any paperwork ahead of time. If you're a new patient and you can't arrive 10 to 15 minutes before your appointment, ask the office to send the required forms beforehand. (Some offices also make them available online or via e-mail.)

2 Double-check everything. To avoid screwups that'll cause delays or force a return trip, check with the office the day before your appointment to be sure all necessary lab and test results are in. Call your insurance provider to double-check coverage and co-pay. And, of course, don't forget your insurance card and ID.

1 WAY TO AVOID THE OFFICE ENTIRELY

Ask the receptionist this:

Is the doctor open to receiving e-mails and text messages? Does the doctor set aside any time for nonemergency phone conversations with patients? If so, you're in!

INSIDER'S TIP
Be nice, and you'll be treated nicely. May 11 is National Receptionists' Day.



BRIAN JACKSON/GETTY IMAGES

Beautiful Stitching

EHRMAN
NEEDLEPOINT KITS



Needlepoint has never been more popular, with fresh colors, contemporary patterns and new designers bringing the craft to life. These needlepoint kits only use one simple stitch so they are quick and easy to make. They come complete with the cotton canvas printed in full color, all the yarns required (100% pure new wool), a needle, color chart and simple instruction booklet to get you underway.

PERENNIAL (above) Anita Gunnett
11" x 11". 12 holes to the inch canvas. \$95.00 now **\$70.00**

MEADOW (above)
Margaret Murton
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APACHE (below) Kathleen Thackeray
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(above) Elian McCready
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QUIZ

WHAT KIND OF PATIENT ARE YOU?

Take our quiz to find out how receptionists classify you.

1. When the doctor is running late, I...

- a. ask firmly to be seen.
- b. spend time telling other patients why I'm there.
- c. read and welcome the quiet time.

2. When I call the office with a nonemergency health concern, I...

- a. expect to talk with a doctor right then.
- b. keep calling until I get an answer.
- c. wait patiently for a call back.

3. When it comes to doctor's appointments, I'm...

- a. never on time.
- b. usually on time.
- c. always on time.

4. When I'm late for an appointment, I...

- a. don't apologize; the doctor often keeps me waiting.
- b. tell the receptionist why I'm late.
- c. call ahead and offer to reschedule.

5. Whenever I have a health concern, no matter how minor, I...

- a. call the doctor immediately.
- b. do Internet research.
- c. wait and see what happens.

6. When I'm in the office with the staff, I...

- a. don't make time for small talk.
- b. try not to touch anything.
- c. keep conversation pleasant and focused.

7. When I have an embarrassing problem, I...

- a. try to self-treat it.
- b. tell the office staff graphic details about it.
- c. save the details for the doctor.

8. When I have health insurance questions, I...

- a. call the insurance company and expect answers.
- b. call the doctor's office and plead ignorance.
- c. study my plan and find the answers.



8 to 12 points:

"ENTITLED IDOL"

→ You hate waiting (but tend to be late) and expect immediate attention and answers.



13 to 19 points:

"HELPLESS VICTIM"

→ You have WebMD bookmarked and call or visit the office more often than most. The staff becomes your support group.



20 to 24 points:

"PRETTY PERFECT PATIENT"

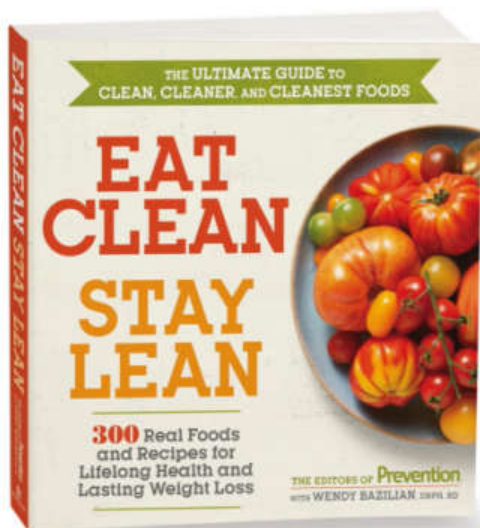
→ You tend toward down-to-earth and accommodating, even smiling and saying hi. Let's just say receptionists like you.

SCORING For every (a) answer, award 1 point; for every (b) answer, 2 points; and for every (c) answer, 3 points. Add up the points to see what kind of patient you are.



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EATING HEALTHY REALLY MEANS EATING CLEAN, or choosing whole foods with the least amount of processing and fewest ingredients. And to help you eat better, the editors of *Prevention* have created *Eat Clean, Stay Lean*—your easy-to-use, visual guidebook to better health, delicious food, and a slimmer you. This guide shows you how to make 50 smarter choices in the supermarket and 150 cleaner fast meals at home so you can enjoy real, worry-free food that tastes great.



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Nutrition

OLIVE OIL MYTHS • THE ULTIMATE SNACK

The Edible Fix for Social Anxiety

The power of miso soup to soothe the jitters goes well beyond its comfort-food status. A new study of 700 people found that those who ate more fermented foods like miso, kimchi, yogurt, and kefir had fewer social anxiety symptoms. The relief was strongest among people who tended toward the highest levels of worry, anxiety, envy, and guilt. Likely at play? Probiotics, of course. This corroborates earlier findings showing that animals given good bacteria produced more GABA (gamma-aminobutyric acid), a neurotransmitter made in the gut that has an effect similar to that of antianxiety drugs. To reap max benefits, aim for at least one serving of probiotic-rich foods every day.

For this Soothing Miso Soup recipe, head to prevention.com/miso-soup. Be sure to add miso paste last to preserve live bacteria.





Can You Cook Olive Oil at High Heat? Yes!

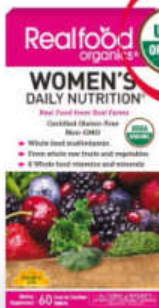
Olive oil has a pretty low smoke point—the temp at which it starts smoking and, in theory, breaking down into harmful compounds—so we’ve heard for years that it’s unhealthy to use for high-heat cooking. But it’s time to put that idea to rest, says Rebecca Blake, director of clinical nutrition at Mount Sinai Hospital in New York City. Studies show that olive oil may actually be *better* for high heat than other oils because its antioxidants prevent it from breaking down even after it starts smoking. A recent study in the *Journal of Agricultural and Food Chemistry* found that olive oil resisted degradation at deep-frying temps better than corn, soybean, and sunflower oils. Use virgin olive oil for sautéing and regular (or “pure”) for roasting. Save extra virgin for dressings, where its flavor can shine.

Is “Fitness Food” Making You Fat?

Get this: Protein bars and other fitness-branded snacks may actually sabotage weight loss efforts. In a new study in the *Journal of Marketing and Research*, people who picked a snack labeled “fitness” over an identical one labeled “trail mix” ate more and then exercised less. Why? The mere association with fitness seems to make folks subconsciously think they’ve done something healthy. Keep the sneaky sabotage in mind next time hunger strikes.



LEFT: MANUELA RÜTHER/STOCKFOD. TOP RIGHT: SABINE SCHECKEL/GETTY IMAGES. BOTTOM RIGHT: JOELENA/GETTY IMAGES



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www.CountryLifeVitamins.com

Your Body on Nuts

You've heard nuts (OK, and legumes) are mighty good for you, but did you know a handful a day could do all this?

THEY TACK ON BONUS YEARS

Compared with non-nut eaters, people who ate at least 10 g (about nine almonds) a day had a 23% lower chance of death from any cause.

THEY CHASE FAT

Those who nibbled on more than three servings of nuts per week were less likely to be obese, have diabetes, or carry excess belly fat than those who ate less than one serving per week.

THEY GIVE YOU THAT ENVIABLE GLOW

The vitamin E and selenium in almonds and Brazil nuts help protect skin against damage (aka wrinkles). Some research also shows that they team up to enhance each other's antioxidant activity.

Sources: International Journal of Epidemiology; PLOS ONE; Acta Dermato-Venereologica; Archives of Neurology; BMC Medicine; European Journal of Clinical Nutrition

THEY MAINTAIN YOUR BRAIN

People with the highest intake of vitamin E from nuts and other foods (but not supplements) had a 25% reduced risk of developing dementia, compared with those who had the lowest E intake.

THEY KEEP YOU HAPPY

Patients with type 2 diabetes who ate a Mediterranean-style diet that included an ounce of mixed nuts daily had a 40% reduced risk of developing depression, compared with a low-fat-diet control group.

THEY CURB CRAVINGS

Research shows that when people eat almonds, peanuts, or even peanut butter at breakfast, they secrete more appetite-suppressing hormones, helping to control blood sugar and reduce cravings for up to 12 hours.





WE'RE ALL CONNECTED. We believe each little bit is as important as the whole. Like the six different grains that go into every delicious bowl of Organic Promise Sprouted Grains.



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*vs. Crest 3D White Luxe toothpaste



BREAST CANCER AWARENESS GET THE FACTS

More than 2.8

million women living in the United States have a history of invasive breast cancer.

An estimated

234,190 new cases will be diagnosed in 2015 in the United States.

Reduce Your Risk:

Weight gain after the age of 18 and/or being overweight or obese, physical inactivity and alcohol consumption all increase cancer risk.

Early Detection is

Key: 5 year survival rate is 99% if diagnosed at the localized stage.

Source: American Cancer Society and National Cancer Institute

The New Slimming, Grain-Free Pasta

Spiralized veggies have taken the blogosphere by storm. The hot-hot-hot pasta alternative appeals to millions watching their weight or on grain-free diets like Paleo. Vegetable noodles are even popping up in restaurants, like Raw in Chicago, and in supermarkets, thanks to **Hungryroot**, which offers packaged “pasta” meals with sauces (\$10). But there’s an even simpler way to taste the awesomeness: Pick up a tool like the **Inspiralizer** (\$50), crank through your favorite veggie—beets, carrots, broccoli, anything!—and sauté with oil. Compared with 1 cup of pasta, a zucchini’s worth of noodles will save you 166 calories and 33 g of carbs. Spaghetti that’s gluten-free, low-carb, low-calorie, and packed with nutrients? Sounds like a win to us.

This simple Zucchini Pasta is easy and delicious to make. Head to prevention.com/spiral for this and all our favorite spiralized veggie recipes.

The 5 Worst Things You Can Put in Your Coffee

Sure, your beloved brew can boost memory, mood, and heart health and reduce diabetes risk. But adding the wrong thing to your cuppa could counter the perks. Here, surprising offenders and cleaner picks:

JAVA JUNK



NONDAIRY CREAMER

This nonfood is made from corn syrup solids and partially hydrogenated oils, aka trans fats.



The first ingredient in So Delicious Dairy Free Coconut Milk Creamer (\$5) is organic coconut milk.



COCONUT MILK CREAMER



FLAVOR SHOTS

Just an ounce of many flavored syrups contains around 19 g of sugar, plus artificial colors and flavors.



A few drops of pure vanilla or hazelnut extract add flavor to java with a fraction or none of the sugar.



PURE EXTRACTS



SWEET 'N LOW OR EQUAL

Lab-made sweeteners may mess with your metabolism, cause cravings, and up diabetes risk.



Experts say stevia is safer. Try a brand made with pure stevia extract, like Now BetterStevia (\$9).



STEVIA



SUGAR

A bit won't hurt, but add 2 tsp to three daily cups and you'll hit the recommended daily sugar limit: 24 g.



A sprinkle of this spice gives coffee a natural sweetness and may help reduce blood sugar spikes.



CINNAMON



FAT-FREE MILK

Skim isn't "bad," but new studies link whole to decreased diabetes risk and lower carb intake.



Whole milk from grass-fed cows, like Organic Valley Grassmilk (\$5.50), delivers the most omega-3s.



WHOLE MILK

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Maybe It's Not You Maybe It's Your Medicine

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The best baking apples are Galas, Fujis, Granny Smiths, and Pink Ladies, all of which hold shape and taste great out of the oven.

SEASONAL SNACK

Three Ways with Baked Apples

Savor this delicious treat all day long with our three new takes on one great fall classic. All serve 4.

1. Chocolate-Almond Apples

Core 4 **apples**; cut off tops with stems. Mix $\frac{1}{4}$ cup **almond butter**, $\frac{1}{4}$ cup **shredded coconut**, 3 Tbsp **chopped almonds**, 3 Tbsp **dark chocolate chips**, and 4 tsp **maple syrup**; divide among apples. Top with almonds and coconut. Bake at 350°F under foil until tender, 15 minutes. Remove foil; bake 5 minutes more.

2. Raspberry-Crumble Apples

Core 4 **apples**; cut off tops with stems. Fill each apple with 1 Tbsp **frozen raspberries** and 1 tsp **honey**. Mix 6 Tbsp **granola**, 4 tsp **honey**, 1 Tbsp **vegetable oil**, and $\frac{1}{2}$ tsp **cinnamon** and divide among apples. Bake at 350°F under foil until tender, 15 minutes. Remove foil; bake 5 minutes more.

3. Curry Chicken Apples

Core 4 **apples**; cut off tops with stems. Mix $\frac{1}{2}$ lb **ground chicken**; 4 tsp **pine nuts**; 4 tsp **raisins**; 1 Tbsp **curry powder**; 1 **shallot**, minced; 1 clove **garlic**, minced; and $\frac{1}{4}$ tsp each **kosher salt** and **black pepper** and divide among apples. Mix 2 Tbsp **bread crumbs** and 2 tsp **olive oil**. Sprinkle over apples. Bake at 350°F under foil until tender, 20 minutes. Remove foil; bake 5 minutes more.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY EUGENE JHO; PROP STYLING BY PENELOPE BOUKLAS



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NOT CLEAN

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Most packets are highly processed and can contain lots of sugar, not to mention artificial flavors, colors, and preservatives. For a healthy alternative, toss quick-cooking oats in a plastic bag with dried fruit and nuts.



CLEAN

ROLLED OATS

Whether rolled or quick-cooking, these are still a healthy choice, but the way they're processed—steamed, rolled, steamed again, and toasted—gives them a higher glycemic index, meaning your blood sugar spikes more when you eat them.



CLEANEST

STEEL-CUT OATS

These whole grains have been cut into little pieces on a mill. They're the least processed of all oat varieties and have the lowest glycemic index as well—which means they'll keep blood sugar levels stable long after breakfast.

The Easy Way to Upgrade Your Smoothie

What's the best possible protein powder? If you can do dairy, opt for whey, which our bodies absorb more rapidly than any other variety. The only problem: It's a total scavenger hunt to find a powder that's organic and sugar-free, has no additives, and is priced less than a designer dress. That's why we like **Source Organic Whey Protein**, made from the milk of grass-fed Jersey cows. It's got 21 g of protein per two scoops and no sugar, artificial sweeteners, or other junk to muck up your otherwise healthy, slimming smoothie. Find it for \$32 at shop.prevention.com.



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*Cologuard is intended for adults 50 years of age or older who are at average risk for colon cancer.

Cologuard is not for everyone. Cologuard is not a replacement for diagnostic or surveillance colonoscopy in patients at high risk for colorectal cancer. Both false positives and false negatives do occur. In a clinical study of Cologuard, 13% of people without cancer or precancer tested positive. Any positive should be followed by a diagnostic colonoscopy. A negative Cologuard test result does not guarantee absence of cancer or advanced adenoma. Following a negative result, patients should continue participating in a screening program at an interval and with a method appropriate for the individual patient. Cologuard performance when used for repeat testing has not been evaluated or established. Cologuard results should be interpreted with caution for individuals over age 75 as the rate of false positive results increases with age. Patients should not provide a sample for Cologuard if they have diarrhea or if they have blood in their urine or stool (e.g., from bleeding hemorrhoids, bleeding cuts or wounds on their hands, rectal bleeding, or menstruation). Rx only.

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Fitness

10-MINUTE ABS • WORTH-IT APPS • RUNNING MISTAKES

Brew a Better Workout

One more reason to love those beans: A little caffeine before exercise will not only boost your motivation to move, it'll help you actually get more from your workouts. When weight lifters drank just over 5 mg of caffeine per kilogram of body weight (roughly 16 to 24 ounces of coffee for a 150-pound woman), it gave them the get-up-and-go to do 11.6% more bench-press repetitions and 19.1% more leg-press repetitions, compared with their caffeine-free workouts. Previous research shows that as few as two cups of coffee can boost endurance, so whether you're doing aerobic exercise or strength training, caffeine can help you achieve turbo-charged calorie burn.

Source: Journal of Sports Medicine and Physical Fitness

Enjoy your java an hour before exercise: Caffeine reaches peak levels in the blood in 45 to 60 minutes and starts to fade after 3½ to 5 hours.



SWIPE OFF POUNDS

Never download another useless app with these three free picks—vetted by a recent study in the *American Journal of Medicine*—that actually work.

STRAVA



**If you're...
trying to
increase your
mileage**

You can track distance, pace, and calories burned, plus gather suggestions on the best local areas to walk, run, and bike. You can also earn badges and compare your performance with other users', which is a great motivator.

FOODUCATE



**If you're...
trying to
clean up
your diet**

You'll get grades on your food choices from A (great) to D (bad), plus healthier alternative suggestions based on your weight, height, and diet goals. You can also track your progress and share tips with other users.

LOSE IT!



**If you're...
trying to
lose
weight**

You can create your own weight loss plan based on your goals, track the calories you take in and burn, and tap some peer support. **To see more apps that made the cut, go to prevention.com/fitnessapps.**

150–170 The ideal beats per minute for your workout playlist. Exercisers' heart rates hit a calorie-burning zone faster when they listened to music in this range. (Try "Happy" by Pharrell Williams.)

Source: Journal of Sports Medicine and Physical Fitness



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NEW Advanced Retinol Intensive Night Moisturizer delivers the proven anti-aging benefits of Retinol faster and stronger than ever before* — without the irritating side effects. Powered by patented NIA-114, Retinol and Copper Tripeptides, this super-charged formula helps restore skin to its healthiest state while you sleep.

After only 4 weeks:

94% felt smoother skin*

83% saw firmer skin*

**88% felt nourished and
hydrated skin***



*Based on instrumentation testing and consumer perception data

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Three Musts for Making Running Easier

Every mile feels like an epic struggle? Consider this: New research shows that common stretches can actually make you a less efficient runner. Follow these three fundamental tips to go faster and avoid injury.

Don't overstretch before you start.

Static stretching—holding a stretch for 30 seconds or longer—can hamper your performance when done immediately before a run. Why? Tight hamstrings can actually help you go faster. Your muscle tendons are like rubber bands; the shorter and less flexible they are, the quicker they snap back, speeding up your stride. Static stretching *after* training, however, can help you prepare for your next workout—so don't skip it post sweat session.

Do a dynamic warm-up.

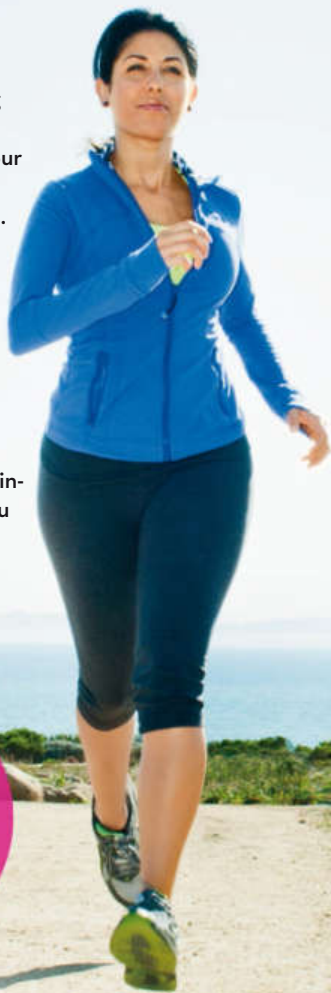
Moves like high-knee walking and lunges are excellent for preparing your body to run. These full-body movements “activate” your muscles (so your workout feels easier) without overstretching.

Don't neglect your knees and hips.

Stiff hamstrings may help your running economy, but tight muscles in your hips and knees can throw off your alignment. So make sure to stretch those quads and hips regularly—just not within 30 minutes before a run.

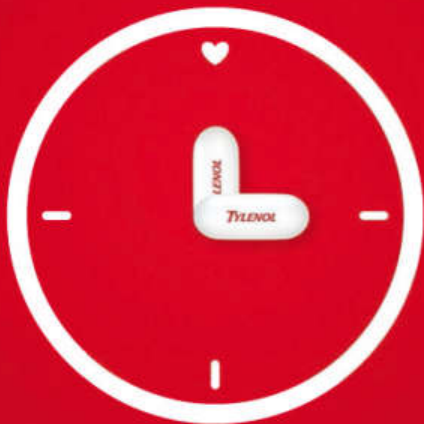
Source: Strength and Conditioning Journal

Go from the couch to a 5K in 6 weeks! Find our beginner-friendly training plan to help you slim down and get you race ready at prevention.com/5Kplan.



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10 MINUTES TO Younger, Tighter Abs

This 10-minute routine from trainer Larysa DiDio will sculpt and strengthen your core safely, in record time. Do it 3 or 4 times a week for best results.

EXPERT TIP

Keep lower belly pulled in and chest lifted.



Perform each exercise for 45 seconds, resting for 30 seconds after each exercise. Do the entire circuit twice.

1. ROLL-BACK WITH OBLIQUE TWIST

Sit on floor with knees bent and feet hip-width apart, arms extended at chest height. Inhale and, while exhaling, roll torso down as you sweep right arm out to the side and behind you. Inhale as you return to start; repeat on opposite side. Continue alternating sides with each rep.

2. DEAD BUG TO REVERSE CRUNCH

Lie on back with knees bent and feet flat on floor. Pull belly to spine and press lower back into floor. Keeping that position, raise knees over hips and extend arms overhead. Keeping back pressed into floor, extend left leg and right arm. Return to start and repeat on opposite side. Then, pull belly in and lift butt a few inches off floor. That's 1 rep.

EXPERT TIP

Reset after each rep to make sure lower back is pressed into the floor.



No time to work out but want an amazing body? Pick up our *Fit in 10: Total-Body Transformation* DVD here: fitin10DVD.com/buy.

EXPERT TIP

Don't pull
on neck or
arch back.



3. ALTERNATING TOE TAP WITH BENT KNEES

Lie on back with knees bent and directly over hips, shoulders lifted. Press lower back into floor and pull belly to spine. Slowly tap one foot to floor, then return to start. Repeat on opposite side. Alternate legs with each rep.

EXPERT TIP

Squeeze thighs
and butt; don't let
hips sink.



4. ROCKING PLANK

Start in forearm plank position, elbows directly under shoulders, with hips and shoulders in straight line. Gently rock body forward onto toes and then back toward heels. Continue rocking, keeping entire core tight and strong during whole movement.

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Doonan, now 44, lost her teen daughter and fought two serious cancers.



“Giving Up Wasn’t an Option”

Angela Doonan suffered enough to break even the most resilient person. But one slow step at a time, she made it back—and then some.

AS TOLD TO ELIZABETH SHIMER BOWERS
PHOTOGRAPHS BY MARK PETERMAN

Let’s go for a walk. My husband, Jim, looked at me, hopeful, encouraging, and held out his hand. It was such a simple idea, but 5 years ago the idea of just making it around the block seemed impossible. After losing my 13-year-old daughter, Samantha, to renal failure 4 years earlier and fighting my second battle with cancer, my spirit and body were obliterated. The thyroid cancer was gone, the Hodgkin’s lymphoma I’d beaten 20 years earlier was, too, but the recent treatment with chemo and radiation had left a mess. I had kidney problems, heart failure, and

high blood pressure and was close to becoming diabetic, thanks to the 100 pounds I'd put on before figuring out that my thyroid had gone kaput. My doctors had done everything they could. Now it was up to me.

"I don't want to live," I told Jim. But he reminded me that I had to fight. Not just for myself, but for our 21-year-old son, Nathan.

I weakly agreed to attempt a walk. That first time I cried and whimpered the entire time, barely making it around the block once, holding Jim's hand and focusing on the words he repeated over and over: *You can do it*. It was excruciating, but we continued to walk through our neighborhood together and slowly built up to 30 minutes a day. To keep going, I would think of my daughter

and say things to myself like: *You cannot take your steps for granted. Even if you are slow, keep moving.*

Little by little, the walks helped me crawl out of my depression. Seeing the changes in my body and learning about how food affects the kidneys and heart motivated me to cut out sugar and soda and switch from white to wheat foods. The little steps quickly added up. After 8 months, we were up to walking 60 minutes a day, I'd started hiking the 2.5-mile trail on a mountain near my house, and my husband was having trouble keeping up with me. My doctors couldn't believe how much I'd improved. My numbers were back in the healthy range, and my heart and kidney functions were back to 100%. I weighed 165 pounds, down from my high of 234. I felt great.

I've had some setbacks. I had to take several months off from exercise after discovering that a radiation burn from my first cancer treatment had caused a blockage in my subclavian artery. But as soon as I could, I started walking and hiking again and added strength training; now I have plans to take part in a bodybuilding competition.

More important than showcasing how I look, I want to show others that exercise is powerful medicine. Activity has become a craving, and I couldn't have gotten back my life and health without it. I've fought through pain, and I now know that none of us should ever take our two legs for granted. We need to move them! 🍷

Doonan had a latent craving for action. It helped save her.



A woman with dark hair tied in a ponytail, smiling and standing with her arms crossed in a gym. She is wearing a purple zip-up athletic jacket over a white top and black leggings. In the background, there are black weight plates and wooden gymnastic rings hanging from a green metal frame.

Better Than Ever

"After 8 months, my doctors couldn't believe how much I'd improved."

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Jennifer Hudson, Stand Up To Cancer Ambassador

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Beauty

REAL-LIFE MAKEUP HACKS • MAXIMIZE YOUR BATH

Get Your Skin Back— During Dinner

Your kitchen pantry may hold the key to a dewy complexion. A new study found that skin elasticity improved in postmenopausal women who swallowed 5 teaspoons of argan oil every day for 2 months. It's likely that the nutty oil's phytonutrients, like ferulic acid, are at work, says Wendy Bazilian, nutritionist and contributor to *Eat Clean, Stay Lean* (Rodale, 2015). Since the dosage weighs in at 200 calories, sub it in dressings, dips, or dishes for sly skin help. Try **Dip&Scoop's Culinary Argan Oil** (\$25).

Source: Clinical Interventions in Aging

Slathering argan oil on your skin works, too. Try Zweena Pure Organic Argan Oil (\$44).

3 Anti-Aging Makeup Tips from Beauty Bloggers over 40

In our browser history: at-home makeup gurus who, like you, are real 40+ women without a pro hair and makeup team to gussy them up every morning. Make your own routine more age-reversing with their hard-won secrets and our tool picks.



FILTER OUT WRINKLES

Marnie Goldberg, 42
@msgoldgirl

Apply a highlighting concealer along the full length of any fine line or wrinkle, then blend the product with a finger or a fluffy brush. The lightness visually “lifts” the fold in your skin, Goldberg says.



INSTA-SMOOTH LIPS

Dia Dibble, 50, and Michelle Bouse, 43
@TheBeautyBookends
For youthful, smooth lips, “run a clean toothbrush or damp washcloth over your lips,” say Dibble and Bouse. Nightly, use a hydrating lip serum with line-reducing peptides.



LIKEABLE LASHES

Kim Hudnall, 44
@TheHipChickOnline
Hudnall wields a lash curler to make thin, sparse lashes look longer and hide hooded lids. “For major length, I hold the curler near the root for about 15 to 20 seconds,” she says.



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Chicago Doctor Invents

Affordable Hearing Aid

Outperforms Many Higher Priced Hearing Aids

CHICAGO: A local board-certified Ear, Nose, and Throat (ENT) physician, Dr. S. Cherukuri, has shaken up the hearing aid industry with the invention of a medical-grade, affordable hearing aid. **This revolutionary hearing aid is designed to help millions of people with hearing loss who cannot afford—or do not wish to pay—the much higher cost of traditional hearing aids.**

Dr. Cherukuri knew that untreated hearing loss could lead to depression, social isolation, anxiety, and symptoms consistent with Alzheimer's dementia. **He didn't understand why the cost for hearing aids was so high when the prices on many consumer electronics like TVs, DVD players, and cell phones had fallen.**

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The high cost of hearing aids is a result of layers of middlemen and expensive unnecessary features. Dr. Cherukuri concluded that it would be possible to develop a medical-grade hearing aid without sacrificing the quality of components. **The result is the MDHearingAid PRO, well under \$200 each when buying a pair. Order for a 45-Day Risk-Free Trial.**

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The MDHearingAid PRO has been rigorously tested by leading ENT physicians and audiologists who have unanimously agreed that the **sound quality and output in many cases exceeds more expensive hearing aids.**

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"I have been wearing hearing aids for over 25 years... Their sound quality rivals that of my \$3,000 custom pair of Phonak Xtra digital ITE." —Gerald L.

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—Dr. May, ENT Physician

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Get the Gunk Out!

Perpetually plugged pores can get in the way of the smooth, radiant look we're all going for. Here, three new tools that are way more effective than that clay mask you've been using:

TACTIC: SUCTION

Trophy Skin Pore Extraction Tip (\$15) physically pulls debris from pores using the motor on the **RejuvadermMD** system (\$200). Derm says: Keeps most pores clear but won't fix major blockages.



TACTIC: ABSORPTION

Beautyblender Blotterazzi Reusable Blotting Sponges (\$20) soak up oil so it won't settle and harden in pores. Like old-school blotting papers, only environmentally kind. Derm says: It'll minimize the appearance of pores—they look bigger when there's more oil in and around them.

TACTIC: ULTRASONIC WAVES

Le Mieux Skin Perfecter (\$189) emits over 28,000 ultrasonic waves per second to dislodge dirt and oil in your pores; with gentle pressure, the spatula will (gratifyingly) scrape off the stuff squeezed out. Derm says: Ideal for preventing whiteheads and blackheads from building up on faces with oily, breakout-prone skin.



Source: Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital, New York City

RYAN OLSZEWSKI

"People tell me how healthy my hair looks. I hadn't heard that in a long time!"

Francine always had thick hair while she was growing up. The first time she noticed her hair thinning was two years ago. "When drying my hair, I would feel the heat on my scalp and I thought how odd that I would have thinning hair. When I saw my hair coming out in the shower, that is when I knew I had a problem."



Francine S.

Francine heard about Viviscal® supplements through her best friend, who suggested that she try this product that her dermatologist was taking for thin hair. Francine noticed a difference in three to four months with Viviscal.



"We recently conducted a double-blind, placebo-controlled clinical trial on Viviscal supplements in the Ablon Skin Institute in Los Angeles. The results were dramatically successful."

Glynis Ablon, M.D., FAAD,
Associate Clinical Professor UCLA.



Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

Viviscal supplements provide the exclusive marine complex AminoMar®, plus a blend of essential vitamins and minerals, to promote hair growth* from within. Viviscal is grounded in 25 years of research and development.

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A DIY Bath for Every Mood

If you've really had a day, grab a bottle—of essential oils, of course.

Amy Galper, certified aromatherapist and executive director of the NY Institute of Aromatherapy, prescribes the baths that will help you recharge.

YOUR MOOD: *"My hormones are going crazy, and so am I!"*

THE OIL: Rose geranium. The anti-inflammatory essential oil is the go-to aroma Rx for off-kilter hormones behind breakouts, headaches, and hot flashes.

FIND IT IN: Royal Botanicals Rose Geranium Bath Soak (\$45)

YOUR MOOD: *"I'm exhausted, but my brain is still wired...and it's 2 AM."*

THE OIL: Frankincense. The tree resin has been used to balance the breath for centuries (think meditation in a bottle) so you can mentally hop off the hamster wheel.

FIND IT IN: Violet & Lark Frankincense Hand Mixed Bath Salts (\$33)

YOUR MOOD: *"Libido? What libido?"*

THE OIL: Atlas cedarwood. Aromatherapists say that

sniffing it centers and calms you, so you'll feel less out of touch with your body amid menopausal nuttiness.

FIND IT IN: Blend Collective Unwinding Bath & Shower Oil (\$47)

YOUR MOOD: *"Yesterday's boot camp is still kicking my butt today—ouch!"*

THE OIL: Marjoram. The herb's antispasmodic properties make muscle soreness back off, research shows.

FIND IT IN: Aura Cacia Soothe Body Soak (\$15)

YOUR MOOD: *"I'm well beyond my caffeine quota—but I'm still so tired."*

THE OIL: Peppermint. Studies suggest the leaf can drop-kick mental fatigue.

FIND IT IN: Naturopathica Re-Boot Aromatic Alchemy (\$28)

For even more mood-lifting bath products, go to shop.prevention.com.



STEVE COLE/GETTY IMAGES

10 MINUTES

To Fabulous

From Prevention

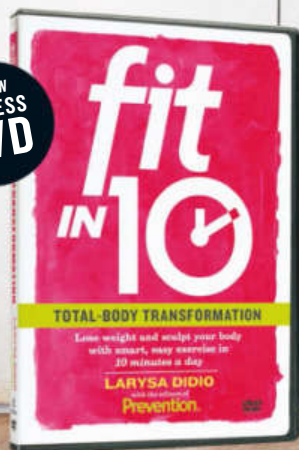
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LOVE YOUR AGE

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HAPPIER
MORE BEAUTIFUL

Stay with us here—we've got the
science and real women to prove it.

BY THE EDITORS OF *PREVENTION* PHOTOGRAPHS BY RICHARD CORMAN



Aileen Rodriguez-Walker, 40

"I had both of my children in my early 20s, put them first, and gained a lot of weight. By the time I was 35, I was worried about developing diabetes, since it runs in my family. A coworker introduced me to Weight Watchers, and I started walking 3 miles a day, adding boot camps and free weights. Now I can't go more than 2 days without walking, running, or doing yoga. It started out being about avoiding health issues, but now exercise is my 'me' time, my meditation."



“I’m in the best shape of my life and continue to challenge myself to be even stronger. I’m a better mom, a better wife, and a better friend because of it.”



The 40+ Advantage

YOU'RE **FITTER**

Rather than marking the end of your glory days, your 40s usher in a new kind of athleticism marked by training smarter with more time and resolve.

ENDURANCE IMPROVES. Muscles are made up of individual fibers designed for either endurance (slow-twitch) or strength and speed (fast-twitch). A meta-analysis found that adults ages 61 to 84 developed less muscle fatigue overall compared with 21- to 36-year-olds, and researchers believe this is in part due to a greater proportion of slow-twitch fibers in older muscle.

MUSCLES REMEMBER. It takes a lot of practice to get good at sports that involve repetitive movement. But once you do, muscles “remember” and, with just a little prompting, can repeat that motion efficiently.

MORE TIME AND INCENTIVE TO TRAIN. In a recent survey of single boomer women, 59% said they work out several times a week, and 54% are more active now than at age 35. With age, we focus on preventing health problems; a survey found that people 55 and older are more likely to exercise to improve health than for other reasons.



Laura Rubin, 42

"When I was diagnosed with breast cancer at 31, I didn't love my job, my work-life balance involved a martini, and my exercise was wearing high heels. After I recovered, I wanted more for myself. Now I live part-time in California and run my own communications company called Left Left Right. I eat well, run, hike, and surf. For me, exercise is medicine. My life didn't work out the way I expected, but I owe it to the women who didn't survive to have as much joy and do as much good as I can."



The 40+ Advantage

YOU'RE **HEALTHIER**

“I make self-care a priority now and stay motivated by setting goals like paddling into bigger waves or holding a yoga pose longer.”

Sure, aches and pains are a little more prevalent, and mortality a little less out of sight, out of mind. But life begins making us healthier in other ways.

STRESS FINALLY BACKS OFF.

Chronic stress increases the risk of heart attack, depression, and disease, but it eases with age. According to the Gallup-Healthways Well-Being Index, stress levels peak in your mid- to late 20s, then steadily decline.

BLOOD VESSELS BECOME

MORE RESILIENT. It's long been thought that artery linings deteriorate due to oxidative stress, which has been linked to cardiovascular disease, diabetes, and cancer. Now some scientists are challenging this thinking—new research with mice shows that the ability of artery linings to withstand oxidative stress may actually improve with age.

SEX BECOMES MORE SATISFYING.

After tracking the sexual health of 806 women over age 40, researchers found that 61% of survey respondents reported being satisfied with their sex lives, and 67% of sexually active women said they achieved orgasm most of the time or always.

A woman with long brown hair, wearing a blue and white plaid shirt and bright pink pants, is swinging happily on a green swing set. She is smiling broadly at the camera. The background is a lush green park with tall grass and dense trees.

Maggie: "I didn't feel beautiful when I was younger, but luckily, I have three grown daughters who say, 'I am who I am. I'm going to reach deep down inside and find the special thing that I have to give.' Their attitude rubbed off on me, and that, along with my amazing husband's support, has given me confidence."

Susie: "I love this age. I may be getting some lines around my mouth, but that's because I'm always laughing and smiling and being silly. The wrinkles I have—they're me."

Maggie Ay, 50

“I've stopped worrying so much—I don't put on makeup just to go to the grocery store.”



50+

The Advantage

YOU'RE **MORE BEAUTIFUL**

Christie Brinkley, Jamie Lee Curtis, Sharon Stone — need we go on? Here are five ways that aging enhances your good looks.

TEMPLES AND CHEEKBONES ARE MORE DEFINED. By the time you turn 50, the fat pads in your face have thinned out, giving you more elegant features, says Ellen Marmur, a dermatologist in New York City.

GLOWING REPLACES SWEATING. Sweat glands weaken with age, noticeably slowing your ability to perspire, according to Joshua Zeichner, a dermatologist at Mount Sinai Hospital.

LEGS DEFOREST. Menopause leads to thinner body hair, says Los Angeles dermatologist Jessica Wu. It may have to do with a decrease in male hormones or years of plucking and waxing, which weaken follicles.

BREAKOUTS BACK OFF. Shrinking oil glands also mean fewer breakouts, starting in your mid-40s, says Zeichner.

PORES SHRINK. Tight, beautiful skin depends on one thing — pore size. And as some women age, their oil glands shrink, so pores look smaller, says Wu.



Susie O'Donnell, 55

“Being surrounded by the people I love is what makes me feel beautiful now.”



Lise Stoessel, 61

"I used to feel depressed in my marriage, but then I realized that what I really needed most were space and autonomy. Now I live 5 miles down the road from my husband. I've lost 50 pounds, and having my own space has helped me to see him for the fine man he is. I'm so happy with this arrangement that I wrote a book: *Living Happily Ever After—Separately.*"



The 60+ Advantage

YOU'RE **HAPPIER**

“What makes me so happy right now is the freedom to create my life with my well-being at the center.”

Zen monks strive to live every day with a half smile on their faces. When we're young — let's be honest — that's impossible.

But with age, it actually becomes our natural countenance.

NEGATIVITY DECLINES. Research shows people generally become more positive-minded after age 65. Scientists say the amygdala, the part of the brain linked to emotion, actually begins to respond less to negative images with age, and older adults can snap out of negative emotions more quickly because they tend to focus on the positive.

HAPPINESS PEAKS. According to a survey of about 23,000 people by the Centre for Economic Performance in London, there are two happiness peaks in life. One is at age 23, and the other is at age 69. Researchers speculate that the later-life peak is due to no longer facing disappointment about career and personal goals.

ANGER, STRESS, AND WORRY EBB. In a survey of 340,000 people published in the *Proceedings of the National Academy of Sciences*, many reported experiencing these emotions less frequently beginning at age 50; people in their 70s and 80s felt them least. 

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“Never put an age
limit on your dreams.”

—Dara Torres

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YOGA

IS MEDICINE

The natural cure that doctors are (finally) getting behind—and how you can harness its healing power right now.

BY GINNY GRAVES PHOTOGRAPHS BY THAYER ALLYSON GOWDY

A woman with long brown hair, wearing a purple tank top and blue leggings, is performing a side stretch on a blue mat. She is lying on her side with her knees bent and her arms extended upwards, one arm reaching towards the sky and the other towards the ground. The background shows a blurred outdoor setting with trees and a body of water.

LEADER OF THE PACK

Tiffany Cruikshank is one of the reasons your doctor may soon prescribe Downward-Facing Dog instead of pain pills. Turn the page to see how she's helping forge new medical protocols that you can try today.

TAKE A DEEP BREATH

Yoga's alchemy of breath and movement can stem disease and alleviate pain, even change your body all the way down to the molecular level.



THE NATURAL RX YOU NEED

A LITHE, 5'9" BRUNETTE in a workout tank and tights strides to the front of a studio in the suburbs of Orlando and unfurls her mat, as if she's about to lead a vinyasa flow class. Instead, she opens a PowerPoint file and begins to teach the six criteria doctors use to assess pain. Acupuncturist and yoga expert Tiffany Cruikshank is a 35-year-old leader in yoga medicine (yes, medicine), which eschews the practice's trendy hot studios and splashy patterned leggings for gentle, clinical sequences of poses, breathing, and meditation to treat everything from chronic pain and IBS to heart disease and cancer. The past decade has seen an avalanche of research into yoga's medical power; as a result, a new generation of passionate doctors and yogis — many of them doctor-yogis — want asanas on MDs' prescription pads, often in place of pills. The classes at Cruikshank's year-old "mini medical school for yoga teachers," which

teaches yogis how to deal safely with any student in need of healing, sell out in less than 24 hours, with teachers from Des Moines to Dubai clamoring for access. Maryland University of Integrative Health has created one of the first master of science degrees in yoga therapy, and the debut medical textbook for mainstream doctors (coauthored by an MD and a professor of medicine at Harvard University) is set to publish early next year. "Yoga therapy is one of the most effective medicines we have," says Ginevra Liptan, a fibromyalgia specialist in Lake Oswego, OR, who has prescribed restorative yoga to her patients ever since it quelled her own debilitating fibro symptoms. Cruikshank, who first recognized yoga's medicinal power when she started giving her acupuncture patients easy-to-do yoga "prescriptions" and they healed more quickly, agrees. "Yoga is medicine, and it's time more people started using it that way."

IT CURBS YOUR INFLAMMATION

CHRONIC INFLAMMATION—the villain at the root of many modern ills, from heart disease to cancer to Alzheimer's disease—may be controlled with easy, gentle yoga. In one trial, 2 months of a twice-weekly practice reduced inflammation markers in heart failure patients by as much as 25%. In another, two 90-minute sessions a week for 3 months lowered several inflammatory markers in the blood of breast cancer patients by up to 20%. Study author Janice Kiecolt-Glaser, director of the Institute for Behavioral Medicine Research at Ohio State University, explains that yoga reduces stress, a notorious contributor to

inflammation, and changes the way we deal with stressful situations off the mat. In an earlier study, she and colleagues found that in response to a stressor (sticking their feet in cold water for 1 minute, followed by 5 minutes of mental arithmetic), experienced yogis produced 41% lower levels of interleukin-6, an inflammatory marker, than novices did. "Yoga also improves sleep," says Kiecolt-Glaser. "Fatigue and poor sleep throw off your biological rhythms, which then affects hormones that play a role in inflammation." Roll out your mat to douse your body's internal flames.





IT PAIN- PROOFS YOUR BRAIN

GET SOME SUPPORT

Props like pillows, folded blankets, and yoga bolsters help you relax more deeply, making restorative postures like this one an incredible tool for stemming inflammation and lifting the heavy veil of chronic pain and fatigue.

Just last year, researchers at the National Center for Complementary and Integrative Health reported that yogis tolerated cold-water pain more than twice as long as nonyogis did, likely because of increased gray matter volume. The conscious relaxation builds neural connections in the insula that help you deal with pain. The brain changes seem to be greatest in those who have practiced the longest, but new studies at Massachusetts General Hospital have shown that after just 8 weeks of yoga and meditation, participants' brains had smaller amygdalae, the structure associated with fear and anxiety. Based on that connection, scientists believe a few minutes a day in Savasana could protect those with chronic pain from losing gray matter, which can ultimately lead to depression and memory impairment.

SO WHY ISN'T EVERY DOCTOR RECOMMENDING YOGA?

As a new frontier, yoga medicine is a bit like the Wild West: A lot of people have great ideas, and best practices are being decided, but there's still a lot of swirling dust. Here's what experts say needs to happen for more doctors to prescribe yoga therapy.

STANDARDIZED TRAINING. Yoga schools issue their own certifications, and the result has been widely different standards. To address the issue, the International Association of Yoga Therapists (IAYT) recently published competency-based criteria for the training of yoga therapists (YTs) and began accrediting programs that meet those standards last year. "When someone says they're an IAYT-certified yoga therapist, you'll know they're able to safely treat sick or injured students," says IAYT executive director John Kepner.

PROVEN PROTOCOLS. While many YTs feel that standardization could blunt yoga's magic, "clinicians need to feel they are prescribing safe treatments that are proven to work," says Heather Greysen, a nurse researcher at the University of California-San Francisco.

INTERACTION BETWEEN DOCTORS AND YTs. Others argue that doctors need to learn to trust YTs. "Yoga therapists are most effective when they can design a personalized practice," says Cruikshank. As doctors see patients benefit, they'll feel more comfortable referring their patients.





RELISH SWEET RELIEF

If you have knee or lower-back pain, poses that target the muscles on the outsides of your thighs—which, when tight, can lead to discomfort in both areas—can help.

FIND YOUR YOGA CURE

No matter what your ache or pain, there's a practice for you. "While yoga teachers have been helping people heal for centuries, IAYT has recently created a standard for registered yoga therapists that can help you connect with well-trained teachers, as well as teachers who are grandfathered in with years of experience," says Jillian Pransky, director of therapeutic restorative teacher training for YogaWorks, which has studios in California and New York. "But remember, just as a medical degree doesn't make a great doctor, a certification doesn't make a great yoga teacher. Meet with the teacher first and make sure you click. It's the relationship between you and the teacher that makes the yoga healing." So check out our guidelines—and always ask around for recommendations.

Turn to p. 128 for condition-specific advice on finding who you need.

4 MOVES PROVEN TO HEAL

These postures represent what yoga medicine expert Tiffany Cruikshank hopes will become standard medical protocol.



INFLAMMATION

THE MOVE: Restorative Reclining Bound Angle Pose

Lie on floor with knees bent and feet flat, rib cage on bolster and head on folded blanket. Bring soles of feet together and let knees fall to sides, placing 1 block (pillows work, too) under each thigh for support. Allow arms to rest by sides, palms up. Close eyes and completely relax. Rest there 3 to 5 minutes.

WHY IT WORKS: "Restorative postures like this one are about deep relaxation, not stretching," says Cruikshank. "They quiet the nervous system, allowing your body to rest and begin the healing process."



SCIATICA

THE MOVE: Reclined Cow Face Pose Lie on back with knees bent and feet flat. Cross right leg over left. Raise both legs off floor and grab hold of shins or knees. If you feel a stretch in right outer thigh, stay there; otherwise, flex both feet, then grab feet, drawing them toward hips or shoulders. Hold 1 minute, then slowly switch legs and repeat.

WHY IT WORKS: "The searing pain that radiates down the leg can often be easily relieved by stretching the tight deep-hip rotators," says Cruikshank.



KNEE PAIN

THE MOVE: **Warrior II** Place feet about 4 to 5 feet apart, turning right foot forward and left foot parallel to back of mat and pointing inward slightly. Bend right knee over ankle and stretch arms apart, gazing over fingertips of right hand. Hold 30 seconds, building up to 60 seconds. Repeat on other side.

WHY IT WORKS: "This move strengthens the muscles around the kneecap," says Cruikshank.



BACK PAIN

THE MOVE: **Supine Twist**

Lie on back. Pull knees to chest, then take both legs over to left, stacking right knee on top of left, resting both legs on floor. If you're not able to get knee to floor or to relax there, put pillow or prop under left knee. Stay 1 to 2 minutes. Repeat on opposite side.

WHY IT WORKS: "Back pain is often caused by tight hips," says Cruikshank. "This pose allows the lower back to release."

**MORE
MOVES?**
Visit prevention.com/yoga-medicine.



Eat These 7 Meals





Start Losing Weight

(& stick with it)

Shedding extra pounds is easy when you do one thing: Eat clean. We've made it simple for you with a mouthwatering plan that begins with these 7 meals.

BY THE EDITORS OF
PREVENTION

PHOTOGRAPHS BY
KATE SEARS



Drop up to 15 Pounds!



Have you thought about losing weight more times than you've made dinner from scratch this year? That's a problem, and here's a new solution: Eat clean for 3 weeks and get naturally lean by making your own meals from fresh foods—**starting with these seven delicious dishes.** Each revs metabolism with clean protein, is nearly free of added sugars, and fills you up with nutritious whole foods rather than processed junk that science shows stalls weight loss. To begin, swap out six dinners for these meals this week, plus replace a couple of breakfasts with the amazing green smoothie on p. 109, and you could lose up to 5 pounds. **Then, keep your clean-eating adventure alive by signing up for our new online e-course, Eat Clean to Get Lean,** where you'll find a 3-week, made-for-you meal plan that can help you adopt healthier food habits for good. **The course is simple and straightforward, with easy, flavorful recipes and a dynamic online support community, all to help you lose anywhere from 10 to 15 pounds in 21 days.**

Best of all, we promise that you won't feel hungry, thanks to the satisfying taste of real food and the absence of chemical-laden, sugary junk that causes cravings. **Sign up now at eatcleancourse.com.**





Spicy Tempeh Chili

SERVES 2

PREP TIME: 15 minutes

TOTAL TIME: 45 minutes

2 tsp canola oil
3 oz non-GMO tempeh, crumbled,
or organic lean ground turkey
1/2 sm onion, diced
1/2 organic red bell pepper, seeded and diced
1/2 organic green bell pepper,
seeded and diced
1/2 serrano chile, seeded and diced
1/2 c cooked black beans
1/2 c cooked pinto beans
1/2 c organic crushed tomatoes
1 tsp chili powder

1 tsp ground cumin
1/2 tsp garlic powder
1/2 avocado, diced
Shredded cheese (optional)

1. In pot, heat oil over medium heat and sauté tempeh, onion, bell peppers, and serrano. Season with salt and black pepper and cook until browned, about 10 minutes.
2. Stir in beans, tomatoes, spices, and 2 cups water. Simmer 20 to 25 minutes, until flavors have time to blend. Serve hot, topped with avocado and cheese, if desired.

NUTRITION (per serving) 280 cal,
16 g pro, 35 g carb, 9 g fiber, 6 g sugars,
10 g fat, 1.5 g sat fat, 770 mg sodium



Braised Cabbage, Parsnip Puree, and Chicken

SERVES 2

PREP TIME: 15 minutes

TOTAL TIME: 45 minutes

BRAISED CABBAGE

- 2 c thinly sliced organic red cabbage
- 2 Tbsp fresh orange juice
- 1 Tbsp red wine vinegar
- 1 Tbsp honey
- 1 shallot, thinly sliced
- 1 tsp grated orange zest
- ¼ tsp kosher salt

PARSNIP PUREE

- 1 c peeled and chopped parsnips
- 2 Tbsp organic fat-free milk or unsweetened almond milk
- 1 Tbsp butter or olive oil

CHICKEN

- 2 sm cooked organic boneless, skinless chicken breasts (about 6 oz each)

1. Combine all cabbage ingredients with black pepper to taste in large pot. Mix well and place over medium heat. When mixture begins to simmer, stir well, reduce heat to low, and cover. Simmer, stirring occasionally, until liquid reduces, just coating cabbage, 30 to 40 minutes.
2. Cover parsnips with water in medium pot while cabbage cooks. Bring to a boil over high heat and cook until very tender, 10 to 12 minutes. Drain and mash with milk, butter, salt, and black pepper to taste. Puree until smooth.
3. Divide cabbage and puree equally between 2 plates and serve with chicken.

NUTRITION (per serving) 330 cal, 29 g pro, 35 g carb, 5 g fiber, 18 g sugars, 9 g fat, 4.5 g sat fat, 170 mg sodium

They Did It...

3 WEEKS, 22 LB!

We challenged two of our busiest Rodale editors to do our Eat Clean to Get Lean course. The results? 22 pounds total fat loss. Zero hunger. Here's what each had to say about the course:



I thought I knew a lot about eating healthy, but the course taught me the importance of putting the right foods in my body. It's like putting premium gas in your car—I had so much more energy and never felt hungry. And I lost nearly 10 pounds!

Courtney Murphy, *Prevention*



This course changed the way I look at food and helped me realize that weight loss is just so much easier when you eat right. I loved the bold, fresh taste of the meals—so filling. I lost over 12 pounds in 3 weeks, and I'm still following the plan!

Dan Michel, *Men's Health*

Salmon Cakes with Horseradish Sauce

SERVES 2

PREP TIME: 10 minutes

TOTAL TIME: 20 minutes

1 c canned wild salmon, flaked
1/3 c fresh whole grain bread crumbs
1/4 c cooked wild rice

3 lg egg whites
1/2 tsp dark sesame oil
1/4 c organic low-fat plain Greek yogurt
1 1/2 tsp drained prepared horseradish
4 1/2 tsp olive oil
2 c organic baby spinach
1 Tbsp lemon juice + wedges for serving

1. Combine first 5 ingredients and form into 4 patties (3" diameter). Mix yogurt and horseradish in small bowl for sauce.
2. Heat 3 tsp of the olive oil in large nonstick skillet over medium heat. Add patties and cook, turning, until golden on both sides, about 6 minutes.
3. Toss spinach with lemon juice and remaining 1 1/2 tsp olive oil. Season to taste. Serve cakes with spinach, lemon wedges, and sauce.

NUTRITION (per serving) 356 cal, 29 g pro, 19 g carb, 3 g fiber, 3 g sugars, 18 g fat, 3.5 g sat fat, 475 mg sodium





Halibut with Tomatoes and Olives

SERVES 2

PREP TIME: 10 minutes

TOTAL TIME: 25 minutes

- 3 tsp olive oil
- 1 clove garlic, smashed
- $\frac{3}{4}$ lb organic cherry tomatoes, quartered
- $\frac{1}{2}$ Tbsp chopped pitted kalamata olives
- 2 tsp fresh thyme + extra for garnish
- 2 wild-caught Pacific halibut fillets (about 6 oz each)
- 2 Tbsp fresh whole grain bread crumbs

1. Prepare broiler for medium heat. On range, heat $\frac{1}{2}$ tsp of the oil in ovenproof skillet over medium heat; add garlic, cook 1 minute. Add tomatoes, olives, and thyme. Cook until tomatoes have wilted, 5 minutes. Add fish, skin side down, and cook until almost done, about 6 minutes.
2. Top fish with bread crumbs. Put skillet in oven and broil until crumbs are golden and fish is done, 1 to 2 minutes.
3. Drizzle with remaining $\frac{1}{2}$ tsp oil and garnish with thyme to serve.

NUTRITION (per serving) 280 cal, 34 g pro, 12 g carb, 3 g fiber, 5 g sugars, 11 g fat, 2 g sat fat, 270 mg sodium

“The stir-fry was awesome
and so easy to make. I
loved all the fresh flavors.”

Dan Michel, *Men's Health*





Orange Chicken and Broccoli Stir-Fry

SERVES 2

PREP TIME: 20 minutes

TOTAL TIME: 30 minutes

- 1/4 c fresh orange juice
- 1 Tbsp less-sodium soy sauce
- 1 Tbsp all-fruit orange marmalade
- 1 tsp cornstarch
- 2 Tbsp canola oil
- 1/2 lb organic chicken tenders, trimmed and cut into 1" pieces
- 1 lb organic broccoli crowns, chopped into florets
- 1/2 organic red bell pepper, seeded and thinly sliced
- 1 scallion, sliced + more for serving
- 1 lg clove garlic, minced
- 1 1/2 tsp minced fresh ginger
- Pinch of red-pepper flakes + more for serving

1. Stir orange juice, soy sauce, marmalade, and cornstarch in small bowl until blended. Set aside.

2. In wok or nonstick skillet, heat oil over medium-high heat. Add chicken and cook, stirring until cooked through, 2 to 3 minutes. With slotted spoon, transfer chicken to plate.

3. Add broccoli to wok and cook until crisp-tender, about 2 to 3 minutes. Increase heat to high, add bell pepper, and continue cooking, stirring frequently, about 2 minutes. Transfer vegetables to plate with chicken.

4. Reduce heat to medium high and add scallion, garlic, ginger, and red-pepper flakes. Cook until fragrant, about 30 seconds. Add orange sauce to pan and cook until slightly thickened, about 30 seconds. Return chicken and vegetables to wok, and toss to coat and warm through. Serve with additional scallions and red-pepper flakes, if desired.

NUTRITION (per serving)

378 cal, 32 g pro, 26 g carb, 8 g fiber, 10 g sugars, 18 g fat, 2 g sat fat, 468 mg sodium

Beef with Spinach and Sweet Potatoes

SERVES 2

PREP TIME: 15 minutes

TOTAL TIME: 30 minutes

3 tsp olive oil
1/2 lb organic or grass-fed beef tenderloin,
cut into 4 medallions
1/2 lb organic sweet potatoes, peeled
and cut into 1/2" cubes
1 clove garlic, minced
1/4 tsp turmeric
1/8 tsp red-pepper flakes
1 Tbsp sherry or red wine vinegar
1/2 tsp honey
5 oz organic baby spinach
1/3 c toasted pumpkin seeds

1. Heat 1 1/2 tsp of the oil in skillet over medium-high heat. Season beef with salt and black pepper and cook, turning, until browned, about 3 minutes for medium-rare. Transfer to plate and cover.

2. Add remaining 1 1/2 tsp oil to skillet. Add sweet potatoes and cook until browned, about 5 minutes. Stir in garlic, turmeric, and red-pepper flakes. Cook, stirring, 1 minute. Add vinegar and honey. Gradually add spinach and cook, stirring, until just wilted, about 2 minutes.

3. Serve beef over spinach and sweet potatoes, topped with seeds.

NUTRITION (per serving) 430 cal,
31 g pro, 41 g carb, 9 g fiber, 9 g sugars,
16 g fat, 4 g sat fat, 532 mg sodium





Kickin' Green Smoothie

SERVES 1

PREP TIME: 5 minutes

TOTAL TIME: 5 minutes

1/2 c organic kale

1/2 c organic spinach

3/4 c coconut water

8 oz organic fat-free plain
Greek yogurt

1 med banana

1/2 c ice

Add all ingredients to blender
and puree until smooth.

NUTRITION (per serving)

280 cal, 23 g pro,

48 g carb, 4 g fiber,

31 g sugars, 1 g fat,

0 g sat fat,

149 mg sodium

“I wasn't always a fan of smoothies,
but this was one of the most filling
and tastiest breakfasts I've had.”

Courtney Murphy, *Prevention*

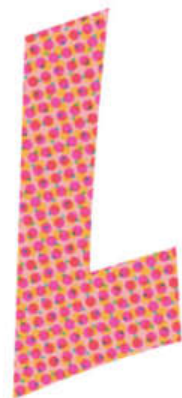
SEX DOC TO THE RESCUE!

LAUREN STREICHER IS FACT-CHECKING ALL THE RULES IN THE GYNECOLOGY BOOK. FOLLOW HER ADVICE, AND YOU MIGHT BREAK THROUGH TO A BETTER SEX LIFE—HELL, A BETTER LIFE.

.....
BY AVIVA PATZ
ILLUSTRATIONS BY ILOVEDUST







Lauren Streicher is mad again. Not at the new patient who just left her office, a 48-year-old woman who'd managed, unluckily, to pick up genital warts from the first man she slept with after her husband died unexpectedly. No, Streicher is mad at the FDA. This time, it's for approving the human papillomavirus (HPV) vaccine only for women 26 and under, thus blocking her patient from a drug that would have prevented her unfortunate situation.

At least, that's how Streicher sees it. When she has a say in the matter, her patients opt for HPV protection decades beyond the FDA's cutoff age. They expose themselves to life-changing meds labeled — mislabeled, she would say — as potentially carcinogenic. They forget Kegels, and they jury-rig their birth control so they never get their periods. That is to say, when it comes to sex, hormones, and general gynecologic health, Streicher is recommending the opposite of many things your gynecologist likely advises. And it appears that her patients feel healthier and much better about their sex lives for it.

As it turns out, Streicher's peers in gynecology are availing themselves of similar rule-breaking habits, but not passing such secrets on to their patients. A few years ago, she conducted a formal poll of 1,000 board-certified

gynecologists, asking them personal questions like how they chose to treat their own menopause symptoms, what they were doing about painful sex, and what they would choose for birth control. What she found was telling: More than 80% of the doctors she surveyed were making very different choices from those their patients made. "There's something amiss in the world of medicine when most gynecologists would do things differently from most American women," she says.

Amis, but maybe not surprising. "Doctors tend to get comfortable with one choice, sticking with certain options even as research evolves and shows that a more appropriate treatment may be available," says Leah Millheiser,



**STREICHER TELLS
HER PATIENTS TO SKIP
KEGELS AND JURY-RIG THEIR
BIRTH CONTROL—AND SAYS
THEY'RE HEALTHIER FOR IT.**

director of the Female Sexual Medicine Program at Stanford University School of Medicine. And, understandably, many practitioners are hesitant to prescribe treatments that aren't backed by the FDA. But Streicher, who maintains a practice in Chicago and is a clinical associate professor of obstetrics and



ALL THOSE
HOURS OF
DOING KEGELS,
WASTED!
[SOB]

gynecology at Northwestern University, has a different approach. "The way I've always practiced medicine is to look at the literature and make recommendations based exclusively on the evidence," she says. "My advice to patients is based on what I would do for myself—that's how appropriate I know it is."

Streicher's efforts to shake up her

field started about 10 years ago, when patients going through menopause started coming to her for second and third opinions because they were frustrated by their symptoms and by the unsatisfying sex they found themselves having (or not having, as the case more often was). "There are needs out there that are not by any measure being met by gynecologists,"

I MAY BE 45,
BUT I HAVE THE
VACCINE
HISTORY OF A
26-YEAR-OLD...



she says, with doctors telling patients to try lube, take a bath, or buy a fan. "Too often it's the guy at Whole Foods advising women on what to do about hot flashes, or women talking to their nail technicians about painful sex."

Why the disconnect? Streicher chalks it up to lack of time and competing interests on the part of many doctors. "The majority of gynecologists are also obstetricians," she explains. "So if 90% of their practice is obstetrics and only 10% is gynecological patients, and of those patients some are young women coming in for birth control, then only a small percentage of their practice is women

**STREICHER
RECOMMENDS
GETTING AN HPV VACCINE EVEN
IF YOU'RE WELL BEYOND THE
26-YEAR-OLD CUTOFF.**

going through menopause, so that's not something they're going to spend a lot of time on." Some fault also lies with patients, Streicher adds, for expecting to cover all their issues in one 15-minute annual visit. "I can't tell you how often I tell women who are having vaginal dryness and painful sex to make a separate appointment," she says. Many don't follow up. "The patients have to make it a priority."

When they do, Streicher makes the time, allotting 45 minutes to an hour for a menopause consult or a second opinion on a hysterectomy. "When our receptionist schedules an appointment, she asks the reason for the visit—not because she's nosy but because she wants to know how much time to schedule," Streicher says.

Inspired by what she saw as practically universal complaints among her patients, Streicher wrote a book in 2014 called *Sex Rx: Hormones, Health, and Your Best Sex Ever*. She gives talks at conferences and luncheons, and writes a blog—Midlife, Menopause and Beyond—on EverydayHealth.com. Her next venture is as director of the Sexual Health Clinic at Northwestern Memorial Hospital in Chicago. "Sexual health issues affect 53 million US women," Millheiser says. "Lauren has done something groundbreaking by writing content with research behind it that women can take to their doctors. That is novel."

Check out the rules that Streicher is breaking most frequently these days and circle back with your gynecologist as needed. "If you don't get anywhere—because your doctor doesn't seem open to discussion or isn't knowledgeable about menopause issues—find a specialist who will listen," she says. "Just because your doctor doesn't have a solution to your hot flashes, incontinence, or painful sex doesn't mean that there isn't one."

"In almost every situation," she adds, "there is."

TRY THE HORMONE HIGH

YOUR Q: What do I do for vaginal dryness and pain?

WHAT YOUR GYNO SAYS:

Try a lube—hormones aren't for everyone, ya know.

WHAT STREICHER SAYS: Ignore the warnings and use vaginal estrogen.

Vaginal estrogen products can be a major boon for easing symptoms of thinning tissue down there. But these treatments have all been slapped with labels warning that they could increase your risk of blood clots and even dementia. This is wildly misleading, Streicher says. They're labeled that way because of a poorly considered regulation: Once the FDA has looked at the side effects of a specific substance—in this case, estrogen—any medication that has that component will get stuck with a warning. Research from the Women's Health Initiative, an ongoing study of women's health, found that oral estrogen—the stuff you take in pill form—increases the risk of blood clots and dementia, so now every single estrogen product has to have that on its label. “Thing is, it's been shown in the research to apply only to oral estrogen and certainly not to local vaginal products like creams, tablets, and rings, but the FDA still requires that labeling,” Streicher says. Most doctors won't offer such products as an option or will tell patients they're not right for them.

Streicher, on the other hand, prescribes local vaginal estrogen even to women with breast cancer—even though conventional wisdom says it could possibly fuel cancer cells that are receptive to the hormone. “Am I going to break the rules and give estrogen to women with breast cancer?” she says. “You bet, because that's good medicine.” Research has shown that local vaginal estrogen—applied directly to the vagina—doesn't raise breast cancer risk or increase blood levels of estrogen in women who use it. “The local vaginal estrogen companies have never tested their products on women with breast cancer; it's too expensive,”



WARNING LABELS
ON HORMONE CREAMS
CAN BE SCARY.
IGNORE 'EM, SHE SAYS.

Streicher says. “But observational data shows that it's not a problem, and there's no scientific reason to believe that it would be.” In Streicher's poll of her fellow gynecologists, 90% agreed that they themselves would use local vaginal estrogen if they had dryness and pain, even if they had breast cancer.

YOUR Q: Should I start hormone therapy after menopause?

WHAT YOUR GYNO SAYS: Hormone therapy can be a dicey choice.



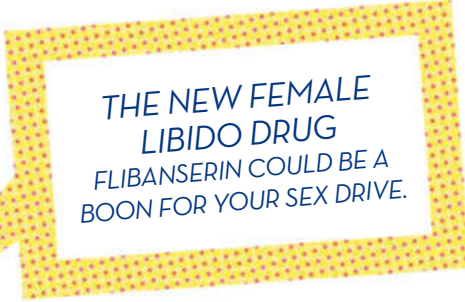
WHAT STREICHER SAYS: It will likely be great for your health.

"Many women come to me and say they're going to tough their symptoms out because 'How long will they last anyway?'" Streicher says. "And now we have an answer to that question: longer than you think." The latest buzz about hot flashes, which affect some 80% of women, is that they persist for an average of

7 to 8 years, even 13 or more for some people, according to a 2015 study in *JAMA Internal Medicine*. While most docs are reluctant to prescribe hormones at all—and if they do, they generally stop them within 3 to 5 years—Streicher believes in the safety and benefits of hormone therapy for longer, if you're within 10 years after menopause and an otherwise good candidate for the treatment.



While you may have heard differently, “there’s no evidence that women who initiate hormone therapy at the onset of menopause can take it safely for only a few years,” she says. “In fact, we have good data showing that women who continue it for years are not at risk and may, in fact, benefit.” Besides a cut in hot flashes and night sweats, there’s compelling evidence that if you begin hormone therapy within the first 10 years of menopause and keep taking it, it may help preserve brain function as you age.



THE NEW FEMALE
LIBIDO DRUG
FLIBANSERIN COULD BE A
BOON FOR YOUR SEX DRIVE.

If you’re weathering hot flashes and other pesky symptoms and want to start hormone therapy but it’s been more than 10 years since your last period, risks—including blood clots, heart disease, and a negative impact on cognitive function—do become a concern. If your primary doctor can’t help with questions about hormone therapy, consider scheduling an appointment with a menopause expert. (Go to menopause.org and click on “Find a menopause practitioner.”)

SPIFF UP YOUR SEX LIFE

YOUR Q: Where the hell is my libido?

WHAT YOUR GYNO SAYS: Accept that sex drive flags in menopause.

WHAT STREICHER SAYS: There’s a fix out there for you.

When women complain to their doctors about zero sex drive, they’re often told that it’s just a normal part of aging or to go buy lacy underwear. “The difficulty in treating low libido is that it’s multifactorial—are you having pain? Are you on birth control pills or antidepressants?” Streicher says. “Many doctors, because it’s so complex and because there aren’t any drugs available, will be dismissive or just not helpful.” Streicher takes a lengthy personal history and does a physical exam to try to ID the problem. Her probing questions elicited a eureka moment for one woman. “She interrupted me halfway through and said, ‘I just realized that I hate my husband. And I hate living in southern Illinois.’ She walked out into the waiting room and told her husband their marriage was over.”

That’s certainly not the best-case scenario, but it illustrates that sex problems can have many root causes—and it takes a longer conversation to figure out what they are. Even patients who adore their husbands may not feel inspired to hop in the sack, and for them, Streicher will often try an off-label testosterone gel, which frequently does the trick. On the horizon is a new option, in

the form of a drug called flibanserin, just approved by the FDA in August. "Flibanserin works on a neurotransmitter level, decreasing serotonin and increasing dopamine, which impacts libido," Streicher explains. "It won't be miraculous for everyone, but for some women, it will make a difference."

YOUR Q: I'm dating again!

How do I avoid HPV, that STD that everyone seems to have?

WHAT YOUR GYNO SAYS: Use protection and hope for the best; if you're over 26, you won't benefit from an HPV vaccine.

WHAT STREICHER SAYS: Get the vaccine no matter how old you are.

The vaccine protects against human papillomavirus, which can cause cellular changes that lead to cervical cancer. Although it's FDA approved for women only to age 26 (a guideline most doctors stick to), it was studied in women through age 45 because the manufacturers were considering seeking approval for up to that age. While the vax won't pack as big an immunological punch for women in their 30s and older since they've likely already been exposed to some of the strains, it can still have value. "The newer vaccinations protect against up to nine strains of HPV," Streicher says. "The likelihood that someone has been exposed to all nine strains even in middle age is low to nonexistent."

Streicher's aforementioned patient, who is now coming in weekly to have genital warts burned off her vulva, is

a living example of why more doctors ought to reconsider the FDA's age limit for the HPV vax, in Streicher's opinion. You'll pay out of pocket for the three injections, to the tune of about \$250 to \$300 each, but compared with treating an HPV infection or developing cervical, vulval, or other anogenital cancer, "it's a bargain," she says.

GET A HAPPIER VAGINA

YOUR Q: I still have my period. Can I make my cycle easier to deal with?

WHAT YOUR GYNO SAYS: Follow directions on your birth control pills.

WHAT STREICHER SAYS: Skip the off week; it's actually better never to get your period.

If you're on hormonal contraception, there's no reason not to take it continuously — as in, to skip the bleeding part of the cycle. "The time off has no medical benefit," Streicher says. When Seasonale came out, promising just four periods a year, Streicher asked the company why four — why not none? "They said it had nothing to do with science and everything to do with market research," she reports. They said women are uncomfortable with not getting their periods, that it's not natural. "But birth control pills aren't natural," Streicher says. "To be pregnant or nursing all the time and then you die — that's what's natural."

What's more, the drop in hormones during that off week can wreak

havoc: migraines, miserable cramping, and endometriosis pain, not to mention accidental pregnancy. If you'd like to pass on those, ask your ob-gyn to write a prescription that stipulates no placebo pills or is for four packs at a time instead of three. "Sometimes it takes a call to the pharmacy, but we can usually find a way," Streicher says.

YOUR Q: Should I do Kegels to prevent leakage?

WHAT YOUR GYNO SAYS: Yep, do them to keep in shape.

WHAT STREICHER SAYS: Meh, don't bother; there is a better way.

"It's not that Kegels don't work," Streicher says. "But studies show that the majority of women don't do them correctly—they flex the wrong muscles or don't do them consistently." So Streicher tells patients to forget going it alone and instead work with a pelvic-floor physical therapist to truly master how to strengthen the pelvic-floor muscles that support your uterus, bladder, rectum, and small intestine. Not only will that intensify orgasms (because the muscles will contract more robustly), it will also help prevent incontinence, which affects up to 57% of women between 40 and 60.

"Even if you're losing just a piddle of urine when you sneeze, you can benefit from pelvic-floor therapy," she says. One patient, an active woman in her early 40s, told Streicher that she'd stopped running and playing tennis because she was peeing a bit in her

pants every time, and Kegels weren't helping. Streicher got her into pelvic-floor therapy, and after 2 months, the patient was completely dry.

To locate a pelvic PT, visit the American Physical Therapy Association site (womenshealthapta.org). "But if you're not comfortable with someone's fingers inside your vagina," Streicher advises, "there are devices that can replicate what a therapist does." Think of them as Fitbits for your vagina, providing feedback on your progress.

Streicher is a former spokesperson for Intone, a prescription device proven to treat incontinence, but many more exist, including Elvie, KGoal, and PeriCoach, all of which work in tandem with your smartphone. Game on! 



Come see Streicher and other thought leaders live at Prevention's R3 Summit in Austin, TX, Jan. 15-16: preventionr3summit.com.

Pets

Probiotics for Your Pooch

Can the good bugs you take benefit your pet's tummy, too?

BY PAULA FITZSIMMONS

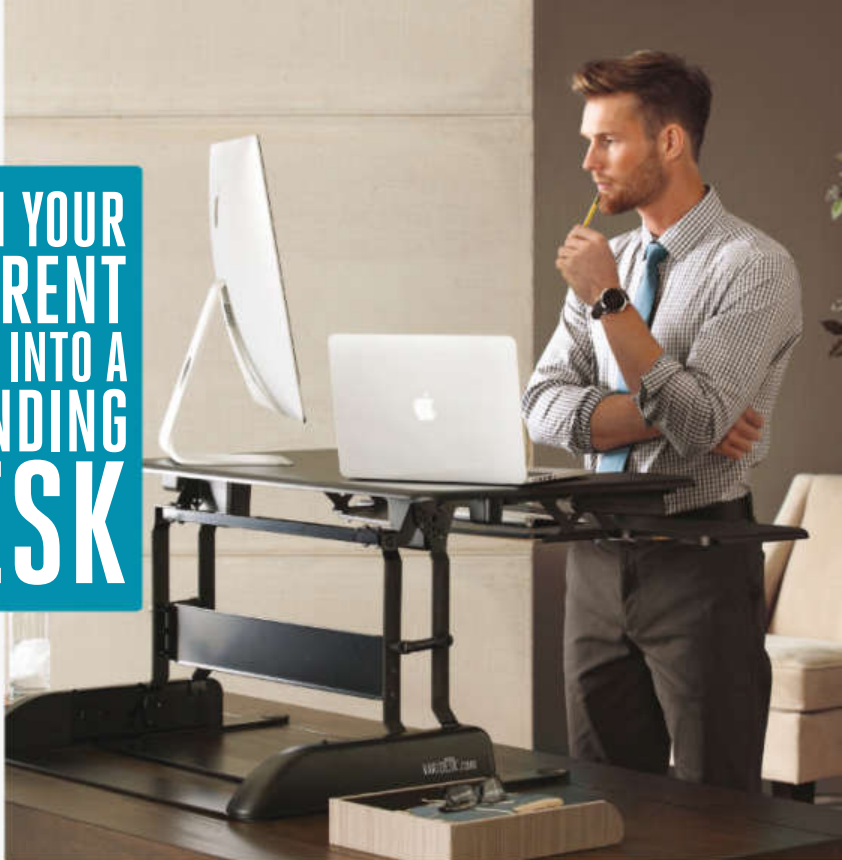


MY GUT IS
GROWLING
MORE THAN
I AM!

Not so fast: The yogurt you eat for your stomach may not be right for your pup.

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Pets



You pop a probiotic pill daily and have a fridge full of yogurt, so it's natural that you'd be curious to try products with the beneficial bugs for your furry friend. But before you replace Fido's biscuits with kimchi every time his poop looks wonky, consider both the pros and cons.

How They Help

Probiotics can offer many of the same stomach-calming, immune-boosting benefits for animals and humans, says Sherry Sanderson, an associate professor at the University of Georgia College of Veterinary Medicine. A North

DOG: BLAKE LITTLE/GETTY IMAGES; BONE: BWFOLSON/GETTY IMAGES; ILLUSTRATION BY JESSICA KUSUMA

Carolina State University College of Veterinary Medicine study found that one probiotic strain managed diarrhea in shelter dogs as well as an antibiotic. Bonus: The dogs given probiotics had a better immune response to a distemper vaccine, says Sanderson. Probiotics also have less chance of producing nasty side effects than antibiotics do.

The Precautions

Despite these findings, the foods you eat to keep your gut happy aren't necessarily ideal for your pet, suggests Cailin Heinze, an assistant professor at the Cummings School of Veterinary Medicine at Tufts University. Aside from adding unnecessary calories to their diet, some probiotic-rich foods that we eat may not provide the strains and amounts of good bacteria pets need, says Heinze.

When to Try

Most healthy pets don't need a daily dose of probiotics, and fortified foods can be extremely variable in quality, so invest in supplements only when digestive issues arise, says Heinze.

"Use a product from a well-known, reputable company," says Valerie Parker, an assistant professor at Ohio State University Veterinary Medical Center, who recommends Purina's FortiFlora and Iams's ProStora Max. Then sit back and let the good bacteria flourish—your pet (and his gut) will thank you. 🐾

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THE INTEGRATIVE MD ON...

Are there really medical benefits from marijuana?



WHILE 23

STATES and

Washington, DC, have legalized medical marijuana, the federal

government sees cannabis as having no medical use. This is at odds with scientific fact.

Research indicates that cannabinoids—the active compounds in marijuana—can relieve pain, nausea, and other debilitating effects of multiple sclerosis and cancer and the drugs used to treat them. A recent *JAMA* review reported strong evidence that marijuana can ease chronic pain. Early findings suggest cannabinoids may kill certain cancer cells without harming healthy ones.

I support regulating marijuana for medical and recreational use. We need more human research, but our current national policy is counterproductive and irrational.

ANDREW WEIL, MD, is founder and director of the Arizona Center for Integrative Medicine and a clinical professor of medicine at the University of Arizona. Send your questions for Dr. Weil to askdrweil@prevention.com.



YOGA CURES FOR EVERY PAIN

THE PROBLEM

Anxiety, depression, moderate hypertension, stress-related exhaustion, IBS, insomnia

Best medicine: A gentle yoga class—like level

1 or beginner Iyengar, restorative, yin, or hatha—with a teacher who incorporates breathwork and meditation. “The combination of yoga and meditation triggers the parasympathetic nervous system—the calming branch—and keeps your mind anchored in the present moment,” says Jessica Hutchins, an integrative physician at Cleveland Clinic. Since

depression is characterized by obsessing over the past and anxiety is fretting about the future, staying in the here and now can be a potent antidote, she adds.

THE PROBLEM

Arthritis, chronic pain, fibromyalgia

Best medicine: Yoga therapy in a one-on-one or small-group setting, led by a YT or a seasoned

teacher who has a deep understanding of anatomy and physiology. Reach out to an IAYT-accredited training program (iayt.org) or find an instructor who has gone through Cruikshank's program (yogamedicine.com).

THE PROBLEM

Cancer, heart disease, severe hypertension, multiple sclerosis, complications from diabetes

Best medicine: Look for a program through your treatment center or local

hospital. More and more are offering on-site classes specifically designed for these conditions, and many of those programs have been vetted in scientific trials. "Many teachers are equipped to offer breathing and relaxation practices that will help with all of these conditions. However, you may find more expansive programming and benefits with a teacher who has at least 50 hours of training from a specialty program for using yoga to treat

your specific issue," says Pransky.

THE PROBLEM

An acute injury, spinal stenosis, surgery recovery

Best medicine: See a trained yoga therapist one-on-one. "Look for teachers who have experience working in physical therapists' offices, hospitals, or rehab centers or who have special certifications in shoulder care or back care," says Pransky. 



1



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Get your doctor's approval
before beginning any exercise or
dietary program.



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After



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Steal This Recipe • THUG KITCHEN'S "QUESO" DIP

BIG, BOLD, BAD-A*S FLAVOR

Our fave profanity-prone bloggers and authors of *Thug Kitchen Party Grub*, Michelle Davis and Matt Holloway, serve up a fresh take on a calorie-packed classic.

Butternut Squash Queso-ish Dip

SERVES 6

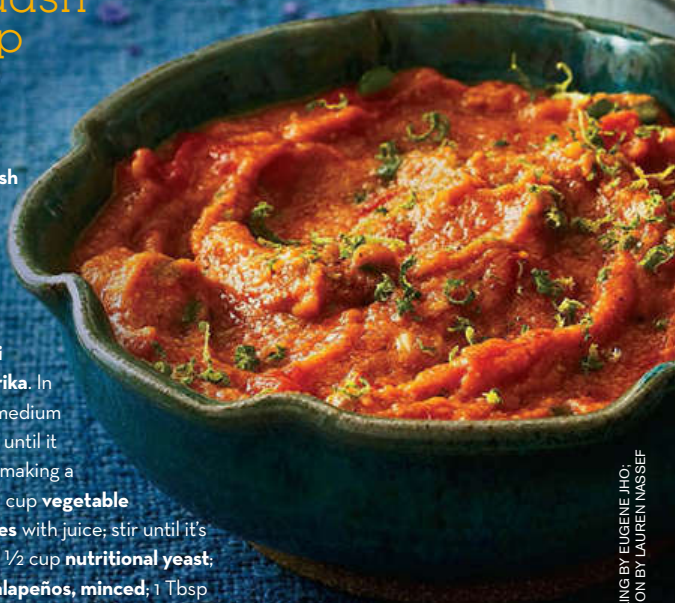
TOTAL TIME: 15 minutes

Throw 1½ cups **butternut squash puree** (canned or DIY) and ½ cup **diced yellow onion** in blender and run until that f*ck*r is smooth. In small bowl, mix 3 Tbsp **whole wheat flour**, 1½ tsp **ground cumin**, 1 tsp **chili powder**, and 1 tsp **smoked paprika**. In pot, heat 3 Tbsp **olive oil** over medium heat. Add flour mixture and stir until it thickens. You guessed it: We're making a roux, b*tch*s. Slowly whisk in ½ cup **vegetable broth**. Add 1 cup **diced tomatoes** with juice; stir until it's lump-free. Add squash mixture; ½ cup **nutritional yeast**; 2 **cloves garlic, minced**; 1 or 2 **jalapeños, minced**; 1 Tbsp **lime juice**; and ½ tsp **salt**. Stir and reduce heat to low. Simmer 3 to 5 minutes to thicken. Serve up warm.

NUTRITION (per serving) 127 cal, 3 g pro, 15 g carb, 4 g fiber, 2 g sugars, 7 g fat, 1 g sat fat, 461 mg sodium



MICHELLE DAVIS AND MATT HOLLOWAY are the authors of the new *Thug Kitchen Party Grub* (Rodale, 2015) and the best-selling *Thug Kitchen* (Rodale, 2014). Pick up either for plant-based recipes so delicious you'll learn to love cooking again—and language so colorful you'll laugh your a*s off.



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